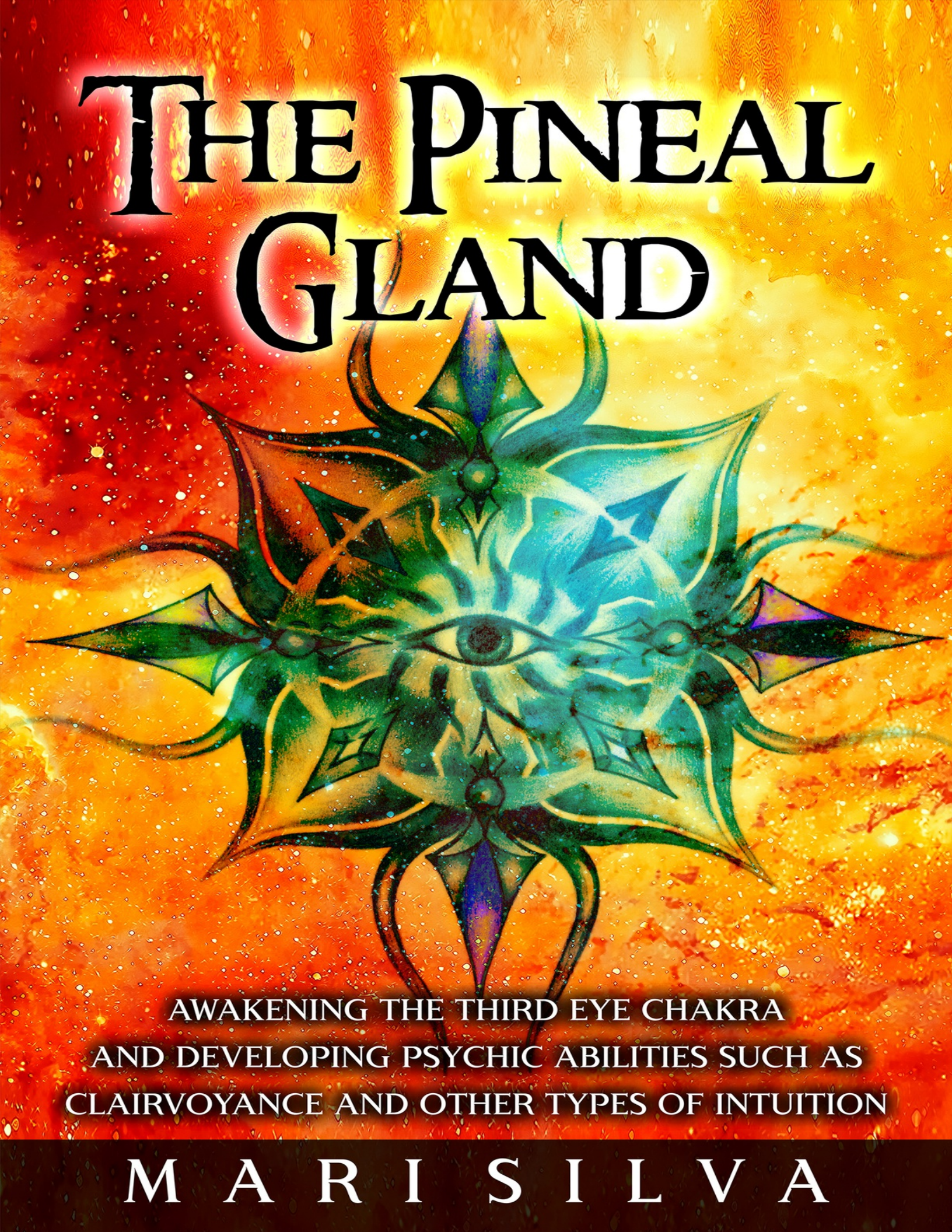
The Pineal Gland



AWAKENING THE THIRD EYE CHAKRA
AND DEVELOPING PSYCHIC ABILITIES SUCH AS
CLAIRVOYANCE AND OTHER TYPES OF INTUITION

MARI SILVA

The Pineal Gland

Awakening the Third Eye Chakra and Developing Psychic Abilities such as Clairvoyance and Other Types of Intuition

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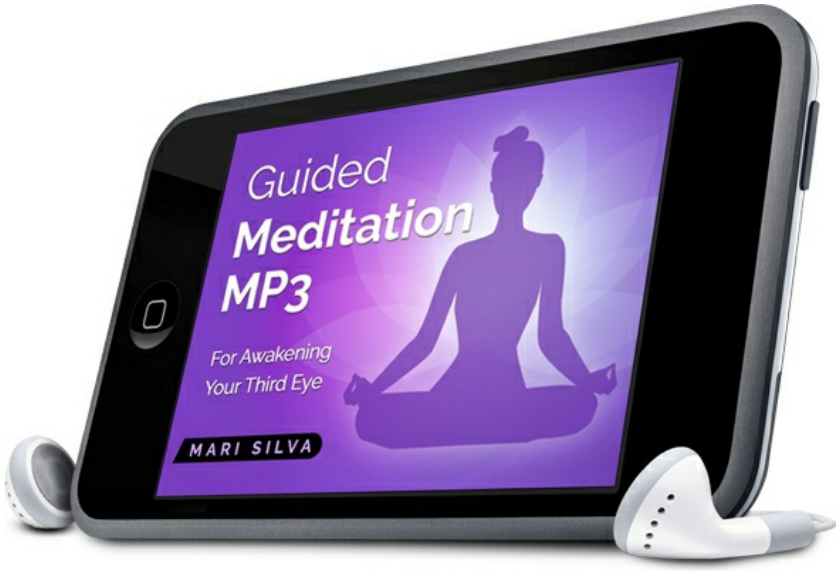

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Introduction

So, you want to awaken your third eye. You've heard so much about the many benefits you can gain from having this chakra open, but you have no idea where to even begin. Well, you have found the best book to begin your spiritual journey.

You will find this book offers you practical tools you can begin to work with, to experience yourself fully. You should have everything you need to discover your psychic strengths and know how to work with them by the time you're done reading this easy-to-follow guide.

Many books go into the matter of developing the third eye by giving you complicated exercises and rituals. They name things and concepts after Eastern mystical terms which are difficult to understand without a background in those terms. This book has been written in such a way that, whether you're a complete newbie to the world of spirituality or this isn't your first rodeo, you will find it an easy and enlightening read all the same.

Most people live their lives glued to their screens, whether it's the phone, TV, or computer. It's sad that they don't spend that much time investigating the truth about who they are, why they're here, and the many dimensions of the soul that exist. You, dear reader, have clearly chosen to step away from all of that and dig deep. You want a richer experience of your life. You know that there is so much more to you, and that we aren't simply born to die. You could be doing anything else in the world, but you've chosen to read this, a wise decision indeed.

When you learn to work with your third eye chakra — your *Ajna* — you will develop a connection to your Higher Self that will enrich your life in ways too numerous to list right now. You will find your true purpose and walk your Divine Path, which will be the most satisfying and rewarding for you.

All you need to do as you read this book is to keep your mind open. Dump all your preconceived notions about what is possible and what isn't, for life is a movie, a fantastic one that requires you to suspend your disbelief to finally see the magic behind the veil and become a part of that magic yourself. Feel free to mark up this book as you like and reread the bits that stand out to you, because if they stick out, then that is your Higher Self drawing your attention to what is most relevant to you right now. Buckle up. And enjoy the ride.

Chapter One: What is the Pineal Gland

As a vertebrate, you have a little endocrine gland in your brain called the pineal gland. This gland produces melatonin, which is responsible for your sleep cycle. Without this hormone, you wouldn't know when to go to bed and when to wake up. Thanks to this hormone, you have a regular circadian rhythm and seasonal cycle for your body to keep up with.

The reason it's called a "pineal gland" is that it's shaped like a pinecone. You can find it at the epithalamus, close to the middle of your brain. It is between both hemispheres, in the groove where each half of the thalamus connects with the other. It's reddish-gray, about five to eight millimeters long, and is the part of your epithalamus that sits behind your habenular commissure and the thalamic bodies.

Development and Function

In humans, this gland grows during the ages of one to two. After that, it maintains its size for the most part. As you approach puberty, the weight of this gland increases a bit. It works to create melatonin, which works in your central nervous system to regulate your sleep-wake cycle. To stimulate melatonin production, staying in the dark can be incredibly helpful. Light keeps this substance in check, as there are nerve cells sensitive to light that signal the gland. Children often have a lot of melatonin, and it is believed this melatonin is what keeps sexual development at bay.

Physical Function

In the pineal gland are pinealocytes. These are cells that assist with the production of melatonin. You'll also find the glial cells, which are brain cells that allow neurons to send information to each other.

You could not have a regular circadian rhythm or inner clock without this organ. It's what regulates your body's inner machinations, including the signals you get that tell you it’s time to go to bed or wake up, or allow you to feel alert or tired. It does a fine job of keeping these times of day consistent — that is, unless you mess it up by refusing to listen.

When there are changes in the way your pineal gland functions, it can affect your bone metabolism. The older you get, the less your pineal gland functions, unless you do what you can to keep it active and healthy. This is the reason that postmenopausal women are particularly vulnerable to bone conditions like osteoporosis. Supplementing with melatonin meds can help with the increase of your bone mass.

There is a strong connection between sleep and mental health. Don't get enough sleep, and you can either bring a mental health condition on yourself or aggravate whatever you already have. There are mental disorders that make it hard to sleep, further compounding the problem. These may be connected to how much sunlight you’re exposed to. For instance, Seasonal Affective Disorder (appropriately named SAD) is another form of depression that messes with your mood and happens when you don't have as much natural light as you should. This could be because the pineal is sensitive to light conditions, which affects how much melatonin is secreted.

Your pituitary gland is a protrusion from the hypothalamus. It is connected to many hormonal, thyroid, and growth functions. The pineal gland affects the way the pituitary gland acts. For instance, with the secretion of melatonin by the former, the latter may be blocked from creating any hormones that will allow the testes and ovaries to develop to do their part in regulating functions like the female menstrual cycle.

When you use drugs — whether prescription or recreational — they also affect the pineal gland, and subsequently, the process of producing melatonin. This is why it would be wise not to indulge in psychostimulants because the more you use them, the more your body and brain become accustomed to this new norm — and the more drugs you need to keep yourself feeling one hundred percent. This is the reason for coming off any stimulants (including coffee) that can affect you so terribly, as your brain sends you uncomfortable signals you need to restore balance. Only after a long enough period of abstinence will it begin to adjust to the new, drug-free norm — and this is an uncomfortable period indeed.

The more people age, the less melatonin the pineal gland secretes. It has been postulated that the reduction of melatonin in the body could be one of the factors that cause the aging process. It's also typical for older people to have problems going to sleep or staying asleep because of a reduction in the amount of the sleep hormone produced.

Dysfunction and Calcification

Calcium builds up in the pineal gland as you grow. This calcification process can reach extreme levels, which keeps the gland from functioning as it should. Since it is connected to the hypothalamus, you will find that any problems like cancer, hormonal, or growth issues can cause the pineal gland to become dysfunctional. It's rare to have tumors in the pineal gland, but when they do occur, they can affect the way it functions.

The one remarkable symptom of dysfunction is a notable change in your circadian rhythms, where you sleep too little or too much, feel restless and active when you should feel tired, or feel sleepy at times when you're normally bright and awake. Other symptoms that might mean the pineal gland needs help include tremors, nausea, vomiting, headaches, inaccurate sense of direction, osteoporosis, changes in ovulation, menstrual cycle and fertility, and mental health problems — especially seasonal problems such as SAD.

What causes calcification? Other parts of the body become calcified besides the pineal gland. These calcium deposits can form in the joints, on heart valves, and even breast tissue. Among the reasons for this process is the natural princess of aging — although a handful of infants are born with calcification in their pineal glands, so aging can't be the only factor. There's also the matter of the level of metabolic activity that occurs in the pineal gland, which is affected by light exposure. This means you need to get enough light, and a great way to do this is through the practice of sun gazing — looking at the sun at dawn or dusk with your eyes shut.

Other causes of calcification are chronic conditions like migraines, schizophrenia, Alzheimer's, and kidney disease. There's also the matter of fluoride, which absolutely must be discussed. Fluoride occurs naturally, but sometimes it is added to the central water supply to supposedly "reduce the likelihood of tooth decay." This is the same reason it's in most toothpaste, to help your teeth get stronger. The problem with fluoride, though, is that it has a natural attraction to calcium. The more fluoride you have in your system, the higher the chance that your pineal gland becomes calcified.

This is no "conspiracy theory". In 2019, Aaron Mrveli and Mark Womblec conducted an animal study on rats. This study found that the rats that were put on a diet free from fluoride for four to eight weeks had an increase in their amount of pineal gland cells, compared to those who had food and water with fluoride in them.

Decalcify Your Pineal Gland

One of the first things you should do is to stop drinking fluoridated water. If you're using the public water system, think about asking for information about what's in the water. Remember

that chlorine is yet another mineral that can lead to calcification. Consider filtering your water or switching to bottled water.

Look for fluoride-free toothpaste. Pesticides have fluoride, so look at the labels carefully when shopping for them. Be mindful that non-stick compounds used in creating non-stick pans and pots have fluoride. Eat more organic food and stay away from the processed stuff.

Don't worry about eating foods that have calcium — as long as they're natural. However, you don't want to over-supplement with calcium because that could lead to problems with your pineal gland. Stay close to the daily recommended allowance, and you should be fine.

Connection Between the Third Eye and Pineal Gland

The third eye lets us know there is so much more to the world than that which we use our regular, physical senses to pick up on. As you awaken it, along with the pineal gland, you can do the supernatural. Things like telepathy, prophecy, and visions will become the norm for you, and your connection to the Divine will grow stronger and more substantial.

Though most people have a mostly dormant pineal gland, it is still revered among mystics and seers. It allows for unity and connection on a spiritual level, and it remains significant across cultures.

The chakra system is the flow of energy or spirit within and without your physical body. This energy, or *Chi*, is how you stay alive and how all your systems are able to function in balance. The chakras are energy wheels that need to stay open and balanced so you can function as a human and in realms beyond the physical. When there is a problem with this energy system, your physical body takes a hit in the form of an illness. Your mind also becomes a casualty of whatever imbalance is going on within the energy system.

You have seven chakras or energy centers, and their corresponding organs have precise locations. However, while the chakras manage energy flow with those organs, they aren't constrained to one location. Your heart chakra, for example, sits right in the middle of your chest, while the physical heart only occupies the left section. The third-eye chakra sits in the middle of the forehead, close to the pineal gland. It is called “Ajna” in the Hindu chakra system and is linked to the pineal and pituitary glands.

The pineal gland secretes dimethyltryptamine, or DMT, which people call the spirit molecule. This substance occurs naturally in humans and is responsible for the psychic encounters and vivid visions and dreams of people with open and active Ajna. Many plants contain it and are ceremoniously ingested to allow people to experience altered or expanded consciousness. Since Rene Descartes referred to the pineal gland as being the seat of the soul, it's fitting that this is where DMT is produced.

When Ajna is closed, the result is pessimism, confusion, cynicism, uncertainty, and a lack of wonder. It is connected to the spirit, removing the distance between the profane and the profound, helping you realize that you are never alone. When Ajna is open, you are deeply rooted in your awareness of the Source of all life. You have a clear path to the Divine, and you can show others the way, blessing them. The third eye allows you to see the world as it truly is — Pure Oneness.

As you develop Ajna, you open the door to all sorts of psychic experiences like clairvoyance, telepathy, lucid dreaming, and out-of-body experiences or astral travel. This energy center is where you can almost literally touch the Divine, and upon making contact, you realize the truth behind *Maya*, the false idea that we are all separate. This illusion dissolves upon your awareness of unity. The marriage between the third eye and the pineal gland is a paradox, for the

experiences triggered are in your brain, yet beyond your mind, which is how you're able to perceive the contradictions of this world. The ability to handle this paradox is the secret to true freedom.

Search through the teachings of all Mystery Schools, and you will find that there is a lot of insight and doctrine on the third-eye chakra because it is the bedrock of all psychic ability. It's how people learn to become lucid in their dreams or to switch their awareness from one level of consciousness to another and back. If you don't master this chakra, then there's no way you'll be able to make spiritual connections. Life with an inactive Ajna means a life bound to a regular and boring day-to-day physical life.

More on the Ajna

Ajna is beyond time. You can find this chakra in your brain, right in the middle of your eyebrows. This grants you the gift of vision, the ability to see worlds without and within. With this chakra, you have clarity in thinking and can reflect on yourself and contemplate spiritual matters in the light of the truth.

This is the center that bestows on you the seeing gift, allowing you to take in what is and isn’t around you and then internalize it all. It also allows you to express what is within you to the outside. It lets you get inner guidance coming from your highest self. Work with this center, and you can see beyond your mind, beyond this world, and beyond the words people tell you. When it's active, you will be able to see beyond the basic duality of good versus evil, black versus white, and up versus down, as those are very limiting paradigms that do not allow you to see the potential of your soul and of those around you. You can also see the real meaning of the experiences you and others go through in life.

When Ajna is active, both brain hemispheres work in beautiful harmony with each performing its function as a whole. Synthetic thought and creativity are balanced by analysis and logic, making for a richer, more rewarding life experience than what those who lean only one way could ever have or imagine. This is where your conscience resides, so you naturally know what is just and ethical.

Ajna means "to command" or "to perceive." Its element is a combination of all elements, forming light. It's indigo in color and its shape is a star with five points. When depicted in a drawing, it is a lotus with two white petals. Its seed sound is the sacred Om or Aum, while its vowel sound is Mmmm.

This energy center gives you the right to see more than others can. It is connected to the eyes, the brow, and the base of the skull. Psychologically, this is the chakra responsible for imagination and intuition. It begins to develop during adolescence. The challenge to working with Ajna is that of illusion, since there is the need to be able to connect with the Divine in a way that is true, rather than allowing the ego to trick you into deception because of your abilities.

The plane of Ajna is that of austerity or the "home of the blessed." Its ruling planets are the Moon and Saturn. The ruling goddess and god are Hakini Shakti and Shiva. Its sense organ is the mind, and since the mind can perceive all things, it has no predominant sense. The mythological animal is the hawk, which makes sense when you consider that it has excellent eyesight and flies above the world to take in its true picture, much like the chakra does for you when you activate it. It corresponds with the Kabbalistic Sephira called Chokmah and Binah. The corresponding herb is the almond blossom, while mugwort is the incense to use to activate or regulate it.

Chapter Two: How to Open Your Third Eye

There are many ways to open your third eye. Ancient tradition has it that the third eye is the doorway to space and time, with the pineal gland being the link to all higher states of consciousness. Interesting how, in experienced meditators and spiritual seekers, the bony plates right in front of the third eye tend to grow thinner and thinner. While it's exciting what you can gain from opening your third eye, there's something you need to know: only work on opening this chakra when you have activated the lower ones.

You have seven of them: the root chakra or *Muladhara*, the sacral chakra or *Svadhisthana*, the solar plexus chakra or *Manipura*, the heart chakra or *Anahata*, the throat chakra or *Vishuddha*, the third-eye chakra (Ajna), and the crown chakra or *Sahasrara*. The energy flows from the bottom one to the top. If you don't respect this, you will suffer great consequences, so remember that. Since this book is about working with the third eye chakra, let's work with the assumption you have done sufficient energy work from the base to the throat chakras.

Techniques to Open Your Third Eye

Acupressure

Sigmund Freud used a touch process to help his patients get hold of information they didn't consciously know they had. He'd place his index finger on their face, right in the middle of their eyebrows, while applying pressure. Then he would have them think about whatever they needed to know or remember. He'd suggest to them that when he took his finger off their head, they would suddenly recall all that had been tucked away in the recesses of their minds — and it worked.

Chinese acupuncture explains there is a network of energy channels or meridians through which life force or Chi flows in the body. There are acupuncture points on the surface of your body. You have twelve major meridians with three-hundred-and-sixty-five acupressure or acupuncture points that lie along these meridians, and the third eye point is one of them.

Besides primary points, certain special ones lie outside the primary network. One of them is called the *yintang* point, known as the Central Mark, or "Hall of Seal." It lies on the forehead, halfway between and above your eyebrows. According to acupuncturists, whenever this point receives treatment, the patients get a fresh insight into their lives, have more clarity, and can make decisions that meaningfully and positively alter their lives forever.

You can stimulate this point by yourself. Acupressure originates from traditional Chinese medical practices and uses the same principles as acupuncture. To stimulate your yintang, you need to massage your third eye with your fingers, and the pressure will allow energy to flow better to this point.

1. Find the yintang along the middle of both eyebrows, just above them. If you feel a depression underneath your skin, you've found it. You want to use the end of your fingernail to find it and feel the effects quickly.
2. Breathe slowly and deeply, as you gently but firmly massage this spot.
3. Keep your mind on this position. If it drifts, gently bring your attention back to it. Don't beat yourself up over getting distracted, even if it happens a million times a minute. You noticed — and that's worth celebrating.
4. After ten minutes, take five more minutes to massage around this point gently and lightly in circles.

As you work with this technique, know that it should feel strong and comfortable. Be gentle with the pressure you use with the yintang.

Brainwave Entrainment Audios and Sound Healing

There are certain brainwave frequencies linked to lucid dreaming and extrasensory perception, and other parapsychological experiences. Your brainwaves need to be somewhere in the Delta state to experience ESP, while the Theta brainwave state is conducive to astral projection. Naturally, creative and successful people tend to hold on to Theta and Delta in waking consciousness. This is no mean feat because the former happens when you're in a light state of sleep, while Delta is supposed only to happen when you're in a dreamless sleep state.

There are audios you can listen to called binaural beats and isochronic tones, which will help you activate your third eye by training your brain to wake it up. You can download brainwave-entrainment apps to help you with achieving the right states. You will need to listen with a pair of headphones or earbuds for the best effect. If you're uncomfortable with the weird sounds, there are playlists on Spotify and YouTube with the same frequencies playing, masked by relaxing music so that you will get the benefit of sound healing anyway.

When you're in the Theta state, you begin to lose that feeling of being separate and alone. You're less conscious of the physical. This is exactly what happens when your third eye begins to act, giving you psychic experiences. Consider using brainwave audios in the Alpha and Theta state more often to open your third eye.

Chanting

A great tool for opening your third eye is to visualize its color, or the energy of its color swirling through and around it, while you chant. According to various chakra systems, you need to focus inside your brain to create a magnetic field that vibrates around the pineal gland. Chanting helps immensely as you do this or any other third eye chakra meditation.

1. Find somewhere comfortable and quiet, where you will not be bothered. Get rid of distractions like cellphones and ask to be left alone for ten minutes.
2. Sit in a comfy posture, keeping your back straight. Lean forward a little from the back of your seat.
3. If you have any brainwave entrainment audios programmed within an Alpha to Theta range, you may use it to relax you further and get into the right state of mind.
4. Part your lips slightly. Breathe in deeply through your nose, so your belly and lungs are both full, and then exhale through your slightly parted lips. You may notice that your exhale is longer than your inhale. This is fine.
5. With each exhale, allow the tension to flow out of your body, relaxing further and further.
6. When you're nice and relaxed, gently bring your attention to your third eye. You may either turn your actual eyes up to this area or simply be aware of that spot if you find that uncomfortable. It is important to keep your eyes relaxed.
7. Imagine a purple or indigo color that appears right in before your third eye. Observe it and note how it pulses with energy.
8. As you visualize this light, chant “Om” over and over, or chant the C note. If you have a high-pitched voice, you want to allow it to drop low enough you feel the vibration of the sound in your throat.
9. Keep chanting and maintain your focus on the vibrations you begin to feel in your head. Don't try to force images to appear; if anything does come up, simply observe it,

but do not analyze it.

A Note on the OM Mantra

OM is the mantra for the third eye chakra. Chanting this will help you open your third eye and will silence all the mindless chatter that stresses you out, allowing you to connect with the subtle worlds that are imperceivable when the mind is in a state of chaos.

Every chakra has its corresponding sound which, when chanted, will generate a vibratory rate within you on all levels of your being that is suitable for the chakra in question to open up, or balance out, and work the way it should. You may supercharge your third eye meditations by chanting OM, either out loud or in your mind. Chanting out loud is great. Do it with a low tone of voice so you can feel the vibrations within and around you while keeping your attention on your third eye chakra.

Visualization and Hypnosis

Hypnosis is a wonderful way to open your third eye. You can either hypnotize yourself or work with a certified hypnotist, or use guided meditation, hypnosis, and visualization audios.

To begin with this, you will need to practice progressive relaxation, a method created in the 1920s by Edmund Jacobson. This is the same tool used by world-class athletes to help them get in the zone and get the best out of their bodies. It involves a systematic process of tensing your muscles and then relaxing them from head to toes. If you wish, you may record the following to help you with your progressive muscle relaxation, using a relaxed, slow voice. Make sure there's a pause between each instruction.

1. Lie on your back, relax, and close your eyes.
2. Pay attention to your feet. Notice them. Clench their muscles as tight as you can, and then exhale, allowing all the tension to seep away, so they're more relaxed than ever.
3. Move on to your ankles. Tense them and then relax them as you exhale.
4. Move your attention to your knees. Notice their weight. Notice the tension. Tense your muscles and relax them as you exhale, sinking deeper and deeper into your bed.
5. Notice your thighs and upper legs. Feel them. Tense them. Exhale and relax them, letting them sink deeper into your bed.
6. Now notice your chest and stomach. Pay attention to your breathing. Slow it down to an even more relaxed pace. Clench the muscles in this area and then exhale and let all the tension go. Feel yourself sinking deeper into relaxation.
7. Move your attention to your buttocks. Notice if there's any tightness or tension. Tighten it up more and then exhale and relax the muscles as you sink into deeper levels of relaxation.
8. Pay attention to your hands. Clench them, exhale as you relax, and allow them to sink into your bed.
9. Notice your upper arms. Tense them and then release them as you exhale.
10. Move your focus to your shoulders. Notice the tension and then clench the muscles harder. Now exhale and allow all the tension to escape while your bed embraces you even more.
11. Notice your neck. Feel any tightness there, tense the muscles, and then relax them as you exhale.
12. Notice your jaw and mouth. Clench your teeth and then relax them as you exhale.
13. Feel your eyes with your awareness. Notice if there's any tension in or around them or

if you're forcing your eyes shut. Clench your eyes shut; relax them and your eyelids.

14. Move your attention to your cheeks and whole face. Do you feel any tension? Clench them, and then relax them with a slow, gentle exhale.

15. Now, go over your body in your mind, from your feet to your head, scanning for tension. Anywhere you feel tense, all you have to do is deliberately relax it, and you'll be fine.

16. Now you are completely relaxed. Allow your attention to move to your third eye and imagine being enveloped in a sea of purple or indigo energy.

17. As you breathe in, feel or imagine the energy moving in a stream into your third eye chakra.

18. As you exhale, feel all blockages being released from your third eye as it pulses with energy.

19. Keep this up for ten minutes.

20. When you're done, you may come out of this relaxed state, slowly.

Dream Journaling

Dreams are amazing. They can give you incredible insight into your life, letting you know what you need to work on, what's bothering you, what could help you along your journey, and so much more. Dreaming involves your third eye. If your third eye is not active, then you might have issues with dream recollection. Now, this is a good thing because you can reverse engineer the problem. Since an active Ajna chakra means better dream recall, then working on remembering your dreams will cause this chakra to open up and become active — and this is one of the major gifts a dream journal can give you.

Some people claim they don’t dream, but this isn't true. If you feel like this, know that you do indeed dream. You probably roll out of bed each morning, forgetting what you dreamed about. So you're going to learn how to fix that problem. To journal, you may use a dream journal app or a good old-fashioned pen and notebook for just your dreams. Whatever you use, keep it right next to your bed so you can jot down your thoughts before they escape your mind.

1. When you go to bed at night, perform the progressive muscle relaxation technique discussed, but skip the bit about visualizing your third eye. The goal is to relax completely.

2. In this relaxed state, say to yourself, "I remember all my dreams. They are very vivid to me." Repeat this with each relaxed exhalation you make.

3. When you wake up in the morning, or during the night to pee, don't hop out of bed immediately; remain there, with your eyes shut.

4. As you lie there, notice your emotions. All you need is to reach for a feeling inspired by your dream.

5. When you feel you have a solid grasp on it, write down what you feel in your journal.

You will begin to notice that you're becoming more aware of the feelings or impressions left on you emotionally by the dreams. With time, you will recall more than emotions, you will be able to see images and hear words too.

Now, if you know you do dream, but you simply have issues remembering them, go through steps one to three, and then follow the next steps:

1. Lie in bed and recall the last thing you saw and heard in your dream.

2. Allow yourself to work backward, remembering what you can in reverse. Do not beat

yourself up if something feels fuzzy because doing that will only ensure the dream flies away from you, getting lost in the recesses of your unconscious mind.

3. When you have gathered all you can, quickly open up your journal and jot down the major words or phrases that will remind you of each portion of the dream.

4. Now, write the dream in full detail, going through the words and phrases to make sure you don't miss a thing.

Dream journaling is incredible because the more you practice this, the better and better your dream recall will be. With time, your Ajna will become active enough to allow you to take conscious control of your dreams (this is called “lucid dreaming”) and explore other realms of consciousness through astral travel (out-of-body experiences where you literally are out of your body). This leaves so many worlds for you to explore, and you’ll understand your spiritual self even more.

Ajna Meditation

When you meditate on the third eye chakra while visualizing the color purple or indigo, you can activate this energy center. Most people think they can't visualize, but that's not true. You have only to imagine. Imagination is a great way to work with your Ajna. Here's how to meditate:

1. Sit somewhere quiet where you will not be disturbed, in a comfy position.

2. Close your eyes and imagine that there's a purple or indigo energy ball around your Third Eye.

3. Keep your attention there, seeing this energy glow and grow.

4. Feel it pulsing, along with your third eye.

The more you do this meditation, the more open your third eye chakra will become. Remember the image, and all imbalances with this chakra will clear out. You will experience healing in this center, as well.

Breath Work

You can try alternate nostril breathing to activate your third eye chakra. Here's what that looks like:

1. Sit somewhere comfortable, and for a few moments just breathe naturally.

2. When you're ready, lift your right hand, and place your middle and index fingers on your forehead, right at the Ajna.

3. Bring your thumb to rest on the right nostril, while your pinky and ring finger remain on the left one, resting.

4. With your thumb, block the right one and inhale through the left.

5. After this, block your left nostril, release your thumb, and breathe out through the right one.

6. Alternate this breathing pattern from side to side for ten to fifteen cycles.

If you would rather do this without physically blocking your nostril, you can simply sit with your arms in your lap and imagine your breath alternating between both nostrils. See your breath as a color, preferably indigo or purple. Imagine it forming an inverted V shape that moves through the nostril to your Ajna and then down through the opposite one to exit your body.

Yoga

Various yoga poses can help with opening, clearing, healing, and balancing your sixth energy center. First, let's look at the Balasana, also called "child's pose."

1. Sit in a comfy position on a yoga mat, holding your head and neck upright.

2. Adjust your feet so they come under your hips and keep your hips as close to your heels as you can.

3. Bring your forehead down to the ground with your hands, palms down, arms extended out in front of you, or palms up with your arms extended behind you.

4. You also have the option of stacking your hands over one another and then resting your head on them.

Next, we have the Prasarita Padottanasana, also called the wide-legged forward fold. You will need a towel or a belt for this one.

1. On your yoga mat, stand with your feet wide apart. Keep this width comfortable.

2. Breathe in and hold the towel or belt behind you.

3. If you don't want to use a towel or belt, you may simply interlock your fingers behind you.

4. Keeping your spine long, breathe out, and bend over from your hips.

5. If you have a yoga block, you can set it up so your head comes to rest on it. You may also use a low chair or sofa, or a stack of books. Keep in mind that you don't have to put any strain on your back and legs to get to a deep stretch that is not too uncomfortable for you.

6. Hold this position for a minute or two.

7. To come out of this pose, bend your knees and extend your spine, keeping it long, so you stand up with a long, strong back.

Diet

Another great and simple way to activate your third eye chakra is to eat purple or blue foods. Now, before you pick through your pack of Skittles for purple ones, you should know that the diet you need is a healthy, natural one. You want to eat blueberries, blackberries, and other fruits that have purple pigmentation, which often has a lot of antioxidants. Definitely add prunes and plums to your cart next time you go grocery shopping. Other healthy purple foods to consume are purple kale, purple cabbage, purple onions, and eggplant. You also should consider adding flaxseed, fish, and nuts to your diet. Sure, those aren't purple, but they give you Omega-3s, which are great for pineal health.

Crystals

Crystals are amazing. They amplify your meditations' energy, so you should definitely get the right ones to help you with your Ajna. Sodalite is a blue-violet or bluestone, touched with earthy tones. You can use this as you meditate to unblock your third eye. Lapis lazuli looks a bit like the sodalite stone, but it is deep blue. It is great for keeping psychic order and connecting you to your dream state. Azurite or heaven's stone is beautiful and blue. You need to keep this one out of the Sun. It is great for your psychic development and meditating with this will unblock your Ajna. Other stones to use during your meditation or wear as jewelry are dumortierite, labradorite, lolite, fluorite, and amethyst.

Essential Oils

You may apply essential oils to your third eye region to stimulate the energy center. Consider using chamomile, sandalwood, Palo Santo, myrrh, or clary sage essential oils to help. Apply them to your third eye, massaging them in a clockwise motion. Always do a skin test in the fold of your elbow, leaving the oil on for twenty-four hours, before you apply it to your third eye. You want to make sure you don't react adversely to the brand of oil you use.

Tapping

Tapping is an incredible process that helps you deal with stress better and not allow the anxiety to get the best of you. To use this method to open your third eye, you have only to tap on it gently. As you tap, imagine that your third eye is glowing purple or indigo, brighter and brighter, and that it vibrates with energy.

Third Eye Chakra Blocks

Your Ajna can become blocked because of negative karma, fear, hate, jealousy, a lack of self-love, self-doubt, gossip, disappointments, constantly choosing to see the bad side of things, and so on. When this chakra is blocked, you have trouble sleeping, get frequent headaches, find it hard to imagine or create, have a terrible memory, and feel a lot of anxiety and confusion about your life decisions. You'll also feel a pull to sit in silence or meditate. It's up to you to give in to this pull so this energy center can have balance again. To heal and cleanse Ajna, you can use any or a combination of the effective techniques that have been given to you in this chapter, and you will see exceptional results. Make it a regular practice and you will thank yourself for doing so.

Chapter Three: Cleansing Your Body — The Third Eye Diet

To keep your third eye active and balanced, you must keep your body clean and free of toxins to the best of your abilities. If you don't, you might find yourself getting less than optimal results for opening your third eye. This means you need to nourish your body with the right food, give it the sleep it needs, water it (because you're a plant with legs), and work it out. You have to detoxify your pineal gland so that you can experience the wonderful benefits of a healthy one.

It's easy for calcium to be deposited on and around your pineal gland, building up to such a level that it basically atrophies. This happens because of terrible diets, terrible drugs and foods rich in pesticides pushed onto us by Big Pharma and Big Food, fluoride in the water, thanks to the government, and so on. It's a sad state of affairs, but that doesn't mean you cannot rectify it. You simply need to eat the right foods.

Connection Between Pineal Gland Decalcification and Opening Your Third Eye

Think of your pineal gland as the physical equivalent of your third eye chakra. They are energetically connected to one another. The Ajna helps by drawing energy or life force into this area so that it functions the way it should. The pineal gland allows you to have spiritual experiences, thanks to its secretion of DMT. Since they both have a back-and-forth relationship where each affects the other, it only makes sense to open your third eye by decalcifying your pineal gland.

You Are What You Eat

Eat trash, and it will show up one way or another. Even if you're a skinny-minny, don't think that the junk you're eating isn't going to find a way to express itself in your body — in ways you don't care for.

As someone who wants to open his or her third eye, you must be very deliberate about eating organic, healthy, natural, and nutritious food. You don't just eat because it tastes good; you eat to nourish your body. As the saying goes, "Eat to live, don't live to eat."

Stay away from anything that is overly processed, unnatural, or laden with salts and unhealthy fats. You should exercise caution when it comes to foods with coloring, as some of these are harmful enough to cause an adverse reaction. Most packaged food is high in sugar and unhealthy fats, and is deliberately designed to create addiction. If someone lit up a cigarette right next to you and you're not a smoker, you might make a stink about it. But would you make a fuss if they whipped out a chocolate bar instead? Well, you should, because most junk is just as unhealthy. (Side note: You can have chocolate, but it's best to go for the darker kind.)

Third Eye Chakra Nutrition

When it comes to your third eye, eating mindfully and going with your intuition regarding what your body needs are absolutely key. You want to do what you can to connect with your body. The body always tells us what it needs, but unfortunately, we don't listen to it because its voice is drowned out by terrible diets, bad habits, and life’s daily stress.

Take a moment to ask your body what it wants before you whip up or order something to eat the next time you feel hungry. Make a practice of this, and it will surprise you to find you can sense what you need. What results is that you feel sated after each meal because your body is getting the nutrients it wanted, so it won't keep clamoring for you to feed it more and more because the key nutrients aren't in your food.

As mentioned in the previous chapter, foods are great for activating your Ajna. Cacao, which is

where chocolate comes from, is great. It has a lot of antioxidants, which will allow your brain to release serotonin and allow more blood flow to your brain. You should also eat purple and indigo foods. See the previous chapter for more ideas. Remember to keep it clean, natural, and organic.

Eat a Chakra-Based Diet

One thing to remember is that you don't want to start work on your Ajna without first working on all the other chakras that lead up to it — not unless you love to flirt with danger needlessly. It's only right to consider doing things that will help you with developing the lower chakras — including going on a diet that fosters chakra development.

Now, the dreaded D-word is the one most people don't like to hear. Dieting often brings to mind the thought of giving up all the delicious food we enjoy for stuff that isn't really all that awesome. That need not be the case. Healthy doesn't mean it tastes like cardboard. Think about discovering the new foods you can add to your diet and less about what you have to get rid of. As much as possible, you want to make eating not only healthy but also fun — and when it comes to food what is more fun than a plate popping with color?

Muladhara is red, which means you should eat red foods. Red is connected to your self-esteem and survival and allows you to connect with the Earth's energy. Red is the color of movement. To feed this chakra, eat root veggies like parsnips, carrots, radishes, potatoes, garlic, onions, and beets. Eat foods rich in protein like peanut butter, beans, soy products, tofu, meats, and eggs. The spices you'll want to use are pepper, paprika, and chives.

Svadhisthana is connected to the color orange, which is tied to all matters of creativity and emotions. You want to eat foods like strawberries, mangos, melons, coconut, oranges, and passion fruit. This chakra may also benefit from nuts and honey. The spices you should use are vanilla, sesame seeds, and cinnamon.

Manipura is yellow and is in charge of your self-esteem as well as your ego. When this chakra is balanced, you have intuitive skills and self-esteem. Eat rice, cereal, sunflower seeds, flaxseed, and milk products like yogurt, milk, and cheeses. For spices, cook with mint, ginger, turmeric, chamomile, fennel, and cumin.

Anahata is green or pink. When you've been through heartbreak or emotional abuse, this chakra takes a bit of a beating. It is important to make sure it's always balanced, so feed it leafy vegetables like kale, spinach, broccoli, dandelion greens, celery, cabbage, and cauliflower. You may also have green tea to keep it healthy. Spice things up with thyme, basil, and cilantro.

Vishuddha is sky blue and represents your responsibility and power. If you don't express yourself, you'll have issues with this chakra, and it can manifest as a sore throat, a cold, or other conditions affecting that area. To fix this, learn to speak your truth and drink a lot of herbal teas, water, and natural fruit juices.

Ajna, the third eye chakra, is indigo or purple. It is the seat of all insight and wisdom and is the chakra responsible for helping you to keep things in perspective. You want to feed this center with dark blue foods like blackberries, blueberries, and raspberries. You may have wine in moderation, along with grape juice. Poppy seeds are great too.

Sahasrara is the crown chakra, which should be listed since it is the final chakra on top of the head. It is purple or white. It connects you with the spirit world. You want to give it smudging and incense herbs like myrrh, juniper, frankincense, sage, and copal. When you fast, your crown chakra opens. It also helps to detoxify your body.

Cleanse Your Body Through Extended Fasting

Before we get into this, please do not embark on any fast or act on any advice about your health

before checking in with your medical or health service provider on how safe it is for you to practice. You must stay safe, and get medical supervision.

Now, fasting is an amazing tool for clearing out blocks in your energy centers. This tool is as old as man and is practiced in many parts of the world for various reasons. Some fast for health reasons, while others fast for religious reasons.

Fasting differs from starving, with fasting being deliberate abstinence from food for a while to allow the body to clear out all toxins it can. Meanwhile, starving is a matter of not having food to eat or choosing not to have any food simply because they would like to achieve or maintain an unhealthy weight.

There are various kinds of fasts, from One Meal A Day (OMAD) to extended fasts that last over twenty-four hours. There's also dry fasting — which you absolutely should not try without medical supervision.

To fast safely, you want to begin by going from three meals a day to two, and then drop that to one. This is a process that takes time, of course. When you're comfortable, you may transition into three-day fasts to get the benefits of detox and chakra alignment. Whatever you do, you want to make sure you've got your electrolytes in check. When you consume electrolytes, you'll find that your fasting goes a lot easier. Buy the kind without any sugar or unnecessary flavoring or coloring. You can check out a good brand like the Snake Diet electrolyte mix.

As you fast, you want to meditate. You could choose to chant or combine the two practices, working with binaural, essential oils, and crystals. You don't have to do all of this simultaneously to get results. Just do what you can. As you fast and meditate with each chakra, moving from the root upwards, you will find that they start to open up and activate.

As you practice your fast, there might be old issues that come up in your mind that were unresolved or have not been attended to. This is normal. You might feel an intense need to cry or release your buried emotions and pain. Allow this to come through and know it will set you free. Pick a time when you don't have much to do, especially if this is your first time fasting. Don't push yourself too hard. If you feel anything that isn't right with your body as you fast, consider visiting your doctor or stopping the fast. If you cannot complete a three-day fast, that is fine. You can always begin again.

The last thing you want to do is start with heavy stuff or unhealthy stuff to break your fast. You may begin with bone broth, a few pieces of fruit, and fish like salmon. Eat mindfully and don't "inhale" your food. You probably won't if you hit the three-day mark. Everything tastes so much sweeter and better — also, the voice your body talks to you with becomes even clearer. You'll start to notice a craving for healthy things, and this will, of course, help your energetic body.

Again, this cannot be stressed enough: Do not embark on a fast without getting the green light from your doctor. Understand that this is a marathon, not a sprint. Don't try to shoot for three days when you've never even skipped a meal your whole life — unless you've got that David Goggins bravery, in which case, go for it, but be smart about your health.

Chapter Four: Transforming Your Mind — Third Eye Meditation

The third eye chakra and pineal gland are heavily connected to all matters of the mind. Understand that if the Ajna can affect your thinking processes, then your thinking process can affect your Ajna. But most people don't think — they only think they think. What's really going on is that their minds throw them a bunch of random stuff and they hop from one shiny thought to the next, never pausing to consider whether a thought is true (just because you think a thought doesn't make it the truth) or bothering to really dive into that thought deeply. The best tool to sort this out is mindfulness.

Now, mindfulness might sound like a paradox in light of the fact that we're trying to escape the yips and yaps from our overly excited monkey-mind, but it is not about keeping your mind full of thoughts. Rather, it's about being present and aware of what's going on with you, here, now, within, and without. It is observing all of life from a place of non-reactionary stillness, which is the exact same state that allows you to see beyond the veil - the same state encourages an open and active third eye chakra.

We're going to explore various mindfulness meditation methods that will allow you to experience levels of relaxation you may never have attained before, feel contentment every day, and open your third eye chakra. These will allow you to perceive things on a super-sensory level, learn the truth about who you truly are, get a first-hand taste of the higher, subtler states of consciousness, make your life’s purpose and heart’s desires come true, improve your health, relationships, and career, and bring balance and peace to the world. But first, let us debunk the myths swirling around what meditation is or isn't.

Myths About Meditation

Myth #1: “Meditation is so hard it's impossible.” While it might be difficult for you to accomplish an empty mind on your first day of practice, you will find you can meditate easily once you have the help of guided meditations. It need not be a struggle.

Myth #2: “Meditation is at best mysterious and at worst useless.” There's nothing about meditation that is shrouded in mystery. It's very practical and allows you to truly relax both your body and mind, bringing you to a place of balance and allowing you to dig deep into endless wells of peace you may not have been aware you have within you.

Myth #3: “There's simply no time to fit in meditation in today's world.” This is untrue. You do have time. You don't have to wait until you hit retirement before you can become mindful. In fact, with the craziness going on in the world, there's nothing more useful than meditation to help you find meaning and stay grounded. If you have time to watch an episode of Lupin on Netflix, then you can find five to ten minutes a day to sit down and meditate.

Myth #4: “Meditation is anti-*insert-religion-here*.” Meditation doesn't conflict with any religion. No matter what you believe, you can still practice it and get the benefits. It brings you peace of mind and relaxation in your body. Is your religion against either of those? The answer to that question probably is no.

Myth #5: “Meditation won't work for you if you're tired, old, or restless.” Here's the thing: Meditation gives you energy — even more than your cup of Joe once you make it a practice. When you make it a practice, you're more alert every day, and you feel fresh. Your productivity hits levels you never could have imagined.

Age is not a restriction. You'd be doing yourself a favor by going off to meditate right now and committing to make this a habit if this is your mindset. Meditation is great for the body and is a great practice for remaining youthful and keeping your mind in tip-top condition.

As for feeling too restless, that's not an excuse. If you're convinced you can't be still even a little, you can still practice. You can take five deep breaths, slowly, and will begin to calm down.

Light Meditation

This is a simple one that will open your third eye and transform your mind.

1. Sit somewhere quiet where you won't be disturbed during your meditation. Get rid of all distractions.
2. Relax by taking a few deep, calming breaths with your eyes shut.
3. For the next five or ten minutes, allow your mind to wander and play around with itself for a bit.
4. When the time has elapsed, turn your attention to your third eye by simply being aware of its position on your forehead.
5. Imagine a heavenly energy stream in your mind's eye, so pure, so full of light. You may choose another symbol of light if you prefer.
6. Keep your mind free of other thoughts and focus on this stream of energy as its power begins to gather, growing more and more in your third eye chakra.
7. Continue to focus on the light energy, and as you do, you will feel or deliberately begin to stir up the power within you in that area.
8. Remain still, ignoring all impulses to end the mediation or move or open your eyes.
9. You will find that sometimes your mind wanders. This is okay. When you notice, be glad you did because that means progress. Silently thank yourself and bring your attention back to your meditation.
10. If you prefer, you can focus on this state for a short period, like thirty seconds. With each practice, you can add on more and more time until you don't even care how long you've been sitting in one spot.

Understand that you can't do this once, or now and then. Set up a time at which you will make this happen, no matter what's going on. Commit to yourself, and you will begin to see results.

Trataka Meditation

This is a powerful third eye meditation technique that can instantly move you into a meditative state and help you open your third eye. Whatever you do, please don't do this while you're in a moving vehicle because the constant motion will make it mostly impossible to accomplish.

1. Sit with your legs crossed beneath you in a lotus pose. If this is uncomfortable, you may simply sit in a straight-backed chair, making sure that you're comfortable, your spine is straight, and your body is relaxed.
2. Close your eyes.
3. Breath in and out for one cycle. Repeat that cycle of breath two more times.
4. Now, move your awareness to the middle of your forehead. Keep your focus on the area above and in the middle of your brows.
5. With your eyes still closed, turn them both upwards, toward the third eye. Your eyes will feel like they're about twenty to twenty-five degrees turned upwards.
6. As slowly as you can, count backward in your mind from one hundred down to zero. There should be a two-second pause between each count. The whole time, your eyes

should stay focused on the third eye.

You may wonder if you've got your eyes correctly focused on the third eye, and this is a valid concern. As you move your eyes to focus on the midpoint of your forehead by turning them to that twenty-to-twenty-five degree angle, you will notice that your eyes will no longer move. They will become perfectly still, drawn by a force that seems to come from the Ajna. It's almost magnetic, you could say. This is how to know for sure that you've got it right.

Remember that you will feel a bit of strain with this method, but oddly enough, this strain is pleasant and enjoyable. When you hit the final count, you will notice a peculiar sensation around and within your Ajna. There's really no way to describe the sensation. It is best experienced. All you have to do is to keep your attention centered there. This is the point where you might even begin to see your thoughts, literally, as they appear on the black screen of your closed eyes.

Eventually, all thoughts will stop. When they do show up, you'll see them in dream form. This is where you begin to realize that you're the hidden observer, the watcher within. You will notice yourself and also notice the real self. This is neither your mind nor body, and yet it is just as much a part of who you are. Stay in this state of consciousness for the next ten to fifteen minutes.

After this, you can come out of that state and return to normal waking consciousness. Allow your eyes to relax from that strain, moving them slowly back to their regular position. Allow them to be free and move your awareness away from the Ajna. Don't be in a rush to open your eyes just yet though. Remain still for a few more minutes, allowing your eyes to do whatever they want. Breathe in and out, three times. Then you may slowly open your eyes to the world.

The benefits of *trataka* are numerous. Your concentration will soar through the roof, your eyesight will get better, and your eyes will always remain healthy. No matter how much stress they go through day after day, doing this meditation regularly (mornings and evenings) is a brilliant way to protect your eyes. You will also develop powerful intuition and become at ease.

Remember that you might feel it getting hotter and hotter as you meditate on the third eye. This means it is drawing life force or Kundalini. It won't hurt you. When this heat is accompanied by itching, then you should stop the meditation right away. Use this technique in moderation.

The Portal Method

Here's how to use this powerful method:

1. Lie down on the ground, or on a nice flat bed.
2. Relax as best as you can.
3. Lift the index finger and use it to touch the third eye chakra's spot between your eyebrows.
4. Press into that spot, and move your finger around and around, clockwise.
5. Continue this circular massage for the next thirty seconds.
6. Take your finger off that spot. You should feel a swirling sensation where your finger was. That is a life force moving in that area.
7. Next, turn your eyeballs up. You want them to be about twenty degrees to the upside. Once you do this, the swirling sensation will intensify.
8. Inhale through your nose, and you will notice there's energy moving in and around your feet. It will move through your soles to your calves and up both legs. Then it goes through your groin, hips, and torso, your spine, throat, and into your head, where the energy continues to swirl.
9. Exhale. As you do, you will notice that your Ajna will begin to pulse, and that

sensation will continue to grow stronger until you experience what can only be called a glow — a powerful one.

10. Inhale again, and observe the energy moving within you, as described in [8].

11. Exhale, and you'll feel even more intense energy than before in your Ajna.

12. Once you've gotten used to the process of inhaling and exhaling and noticing the movement of energy from feet to brow, you should continue this process thirty-three times, for thirty-three inhalations and thirty-three exhalations.

13. Congratulations, you have opened your third eye. At this point, you should be able to feel the swirling sensation without having to touch your brow or doing this exercise again. You can summon the swirling energy by simply willing it to be so.

If you want more potent results so that the power of your Ajna continues to grow, you can do this exercise first thing in the morning before getting out of bed, and last thing at night. This way, your intuition remains strong, your dreams grow clearer, and you experience the many benefits of the third eye being open.

Chapter Five: Signs of an Open Third Eye

You can read and practice all sorts of things to open your third eye, but how do you know for sure you've done so? How do you know you're not deceiving yourself? Well, let's talk about the various signs and symptoms that show you have indeed activated your pineal gland and that your third-eye chakra is fully functional.

Signs Your Ajna is Awake and Active

The Pressure Between Your Eyebrows: When your third eye is opening, you will notice that there's a persistent pressure right in the center of your forehead where Ajna sits. It feels like a gentle, light touch. Now, you might find this confusing initially, especially when the pressure begins to grow because it feels like someone is touching you even though you know there's no one there. You have no reason to worry. You're not going nuts, and you don't have an aneurysm or anything. This is a sign that your Ajna is becoming active.

Constant Headaches: As this energy center opens up, you may find that you get a lot of headaches. Initially, they start off mild and infrequent. After a while, they become more frequent and persistent. Don't panic. This is simply kundalini energy in the final processes of opening up this center for good. It rises and builds and builds close to the third-eye chakra and pineal gland. This is spirit energy, beginning from the bottom of the spine, and it rises upwards, activating each chakra, from root to crown. When you get headaches, simply meditate, or use Reiki healing to feel better.

More Intuition: Your intuition grows in leaps and bounds. You can tell what others feel, what they're about to do or say, what's going to go down, and more. You will be guided to do the right things and be at the right place at the right time. You will find yourself meeting the right people who hold the answers you seek or the blessings and desires you long to have.

Increased Telepathy: You may have thought of a friend or relative and had them call you up, then thought, "What a lovely coincidence." Well, this is going to happen a lot more. You will learn that there's no such thing as coincidence. You will find yourself knowing what the other person is thinking, and feeling, even without being with them, and often they will do or say something that proves you were right on the money.

Somehow, you know what's going to happen. People can feel when they're on your mind and will act on an urge to reach out to you out of the blue. In fact, you can connect with them telepathically, and they will respond. Don't let these things frighten you. With time, you'll get used to it.

Clairvoyance: You know before things are about to happen exactly what will go down. You might even have images flash before your mind's eye or dream of the future. This happens so that you know what's going to come and you can prevent disaster or to guarantee that the positive outcome you've seen is sealed and will happen.

You must take all the visions you receive seriously because they aren't random. They are a glimpse of the Divine Plan within you that you must follow to become truly fulfilled and feel whole on all levels. Trust is key when it comes to developing this gift. Hone it, trust it always, and it will grow in clarity. Distrust it, and it will deteriorate.

Vivid Lucid Dreams: You will notice that your dreams are crystal clear. They will have messages from your guides and other beings that will guide you, giving you insight on matters from your past that need resolution and emotional trauma you need to heal to move on with your

life. They will also give you messages about what your future will bring you. You should always take action when you receive a dream.

Say the dream is about an unresolved issue. Meditate on it and get in touch with how you feel. You will know who you need to pardon or the actions you need to take to set things right. When the dream is about the future, make a point of facilitating the desired events by doing what needs to be done for you to be ready to receive the gift, or going to those places you've seen, or meeting the people you've met in your dreams.

Conscious Eating: All things have their unique vibration, and food is no exception. All things have specific information encoded within them. When your third-eye chakra is active, you will find yourself becoming more aware of these vibrations. Your body will also begin to rebalance itself and realign its energies so they vibrate higher, and this causes you to change your eating habits.

You might find yourself moving away from processed foods and craving more natural stuff, or feeling the animal's pain when you eat meat. You might choose to grow your own food or patronize farmers with organic foods rather than head to the supermarket. All of this is your intuition, guiding you to foods that will raise your vibration.

Increased Synchronicity: Synchronicity is life. The problem is that most people don't notice that because they're not spiritually awake, or they think that it's all just a big coincidence and nothing more. Yet, when your third eye opens, you will begin to understand that there truly is no such thing as a coincidence. Instead, you'll come to think of the term "coincidence" to mean "cooperative incidents," like Abraham-Hicks describes them. They are events that work together for your highest good — and nothing is random.

You will begin to accept that there are people who pop up in your life for precise reasons and that you experience certain events because they were supposed to happen at that precise time to help you along your spiritual journey. You will be more aware of the deeper meaning behind everything that happens to you and start seeing synchronistic numbers and events.

These synchronicities work to give you a much clearer understanding of the workings of life, showing you that there is indeed more to the world than meets the physical senses and that there is a divine plan that you can trust completely.

More Sensitivity to Light and Sound: Opening your third eye means you're a lot more sensitive to sounds and lights. You will find yourself becoming averse to places that play loud music or that have bright, unnatural light. You might also notice that certain colors seem a lot brighter than they used to and that you can see a much broader range of hues than you could in the past. This happens because of the inevitable expansion of your consciousness when you open this chakra, allowing you to see in both the physical world and the spiritual one.

When you shut your eyes and turn them upwards, chances are you will see powerful lights and intricate geometric patterns. You might see colors like blue, white, and indigo. The images and lights will constantly change, creating new, amazing patterns that keep you from falling asleep as your brain is mesmerized, but these patterns and lights can lead you to lucid dreams and out-of-body experiences if you maintain waking consciousness by staying still while your body goes to sleep.

The Desire for a Lofty Life Purpose: Along with the synchronicities you notice, you will also experience more clairvoyance, telepathy, intuition — and a desire to live a life with more meaning. You will be drawn to your highest calling and feel an urge so strong that it tears you away from all things superficial.

The thing is every soul on this planet has its own divine mission. Some souls are new, and others have incarnated into this life time and time again. The older the soul is, the higher their calling. The old souls are the ones who usually wind up opening their third-eye chakra in their current incarnation.

If your third-eye chakra is opening, then this is a surefire sign that you absolutely must pay attention to your divine mission, your true calling. You can no longer avoid it. You will feel prompts from deep within you to make the needed changes to pursue your calling.

This means you will cut off all relationships that drain you and do not serve your soul, and you will develop relationships that have true meaning. You will give your time to the things that matter the most to you. If you've always wanted to be a writer because you feel that's what you're supposed to do, for instance, but you've spent your time writing things that are meaningless to you, you will find that the work you create will take a different turn. You will begin to write on the things that move your soul the most, and you will find that you will enjoy every minute of it when you are true to yourself.

It's beyond money now. It's about creating a positive impact on the rest of the world. This is the type of change you can expect, and it will affect all aspects of your life. For a bit, things might seem shaky and uncertain, but then you start to experience even more synchronicity that tells you making the change is the right thing to do. You need not worry about what people will say or what your finances will be like because you will be immensely provided for at every turn.

Dangers of Opening Your Third Eye

When opening your third eye, you should be aware of the good and the bad that comes with the process. When this center is overactive, it can cause a lot of trouble for you. The same applies with it being underdeveloped or being developed before the lower chakras are active and balanced. Here are some of the effects you can expect:

- Sinus problems
- More headaches because of pressure in that area
- Being emotional and unusually moody
- Increased sensitivity to a strong smell
- Heightened visual perception
- Irregular sleep patterns
- Out-of-body experiences
- Vivid, lucid dreams
- Increased sensitivity to your environment
- More awareness of other people's emotions
- A knack for picking up on inconsistencies rather quickly
- Constant flashes of intuition
- More empathy
- Increased ability to grasp matters or ideas without the need for logic
- Increased ability to detect all dishonesty
- More comprehension
- Improved sense of direction
- Sensitivity to movement, lights, and colors
- Better visualization skills

- Better ability to pick up on non-physical presences and energies

Granted, not all of these are bad. Still, there are real issues you might have to face if you cause your Ajna to become a little too active. You might not be able to notice the problems at first or realize what's causing them. Here's what to be on the lookout for:

- More anxiety
- Less concentration
- Obsession
- Overthinking or being unable to rein in your thoughts
- Forgetfulness
- Issues with falling asleep
- Issues with visualization and meditation
- An inability to tell hallucinations and reality apart
- Becoming prone to distraction, which makes it hard to trust your psychic experiences
- Increase in restlessness
- The inability to be still or relax for a long period
- Problems with remaining focused for long periods

Fix the Problems

The good thing is you can sort all of this stuff out. One thing you should consider is finding someone who is more experienced in these matters so that he or she can be a guide to you. Another thing you must do is start to ground yourself. This means you will connect with the Earth's energy using a root-chakra meditation.

1. Sit somewhere you won't be distracted for ten to fifteen minutes. Keep your spine straight and shut your eyes.
2. Make sure both feet are firmly planted on the floor.
3. Take a few deep and relaxing breaths.
4. Feel the bottom of your spine. This is the location of the root chakra.
5. Breathe in, and as you do, imagine that your legs are two roots going into the ground.
6. Still while breathing in, imagine that there's a generous charge of beautiful red energy coming up from the ground, going up through both feet and legs, and moving right into the root chakra at the base of your spine.
7. See the root chakra begin to glow red.
8. Exhale and notice blackness flowing out of the root chakra, allowing it to glow brighter.
9. Continue to breathe red Earth energy into your root chakra or Muladhara through your legs, and then exhale all darkness out of it, making the root chakra glow and pulse more than the last time.
10. When you see that there is no more darkness to exhale, simply sit there and be aware of how rooted you are to the Earth, how grounded and secure you feel.
11. Softly say to yourself, "I have this energy with me, always. It is mine to access in an instant."
12. Sit there in gratitude, and then slowly open your eyes.
13. Stay seated as you look around, holding onto the power you feel. Then you may go about your day.

Balance Your Ajna

Every chakra needs to be balanced to maintain perfect function. Since this book is just about the third eye, we will focus on what you need to do to keep it in check.

1. Meditate on the color blue or indigo.
2. Eat foods of the same colors.
3. Wear blue and indigo.
4. Use crystals that have this color. You can look into the function of each crystal, so you know exactly what to expect. You can put the crystals right on your Ajna. Look into purple fluorite, blue aventurine, blue agate, lapis lazuli, sugilite, sapphire, and sodalite.
5. Chant the OM mantra as you meditate.
6. Use aromatherapy. The best fragrances for the Ajna are sandalwood, musk, and lavender to calm yourself, and hyacinth, rose geranium, and frankincense to activate it. You can use fragrances in candle form or as herbal teas, essential oils, lotions, bath salts, sachets, or whatever you like.

Chapter Six: Unlocking Clairvoyance

Clairvoyance is one of the "four clairs" that you gain when you activate your third eye chakra. The meaning of this French word is "clear seeing." It's your sixth sense, your intuition, and a psychic ability that allows you to see beyond what your physical eyes can. You can see energy with this ability. You have a lot more senses than the five physical ones you know of. These other senses allow you to pick up on subtle energies and realities that others would miss.

Clairvoyance and Your Pineal Gland or Third Eye

The third eye grants the ability to perceive clairvoyantly. This is your spiritual eye, which is correlated to the pineal gland in your brain. Chakras are energy wheels of energy and light, encoded with spiritual information. They allow your spirit to process data, just like your five senses work through the information they receive. They also make it possible for you to deduce what's going on, on a spiritual, energetic level once you allow yourself to activate them the right way. The chakras are a way for the spirit to process information and for you to receive information from that realm. Clairvoyance is simply your third eye processing information on levels too subtle to be picked up on by your normal eyes.

People who can use the sixth chakra's psychic gift are called clairvoyants. The clairvoyant uses their third eye to get a view of energy, whether it's in the form of images, light, color, or movement. The awesome thing is you don't need to spend a decade in an ashram or follow the world's most spiritually enlightened yogis to master this ability. You, too, can become clairvoyant with a bit of practice and training.

"Clairvoyance" vs. "Psychic"

Clairvoyance is only one of the many psychic abilities you can have. Think of "psychic" as an umbrella term that covers all things from clairvoyance to clairaudience, clairsentience, telepathy, telekinesis, channeling, automatic writing, astral travel, and so much more.

The origin of the word "psychic" is Greek, and it translates to "soul personality energy," which we all have. This is your spirit's energy, and it goes way beyond the material realm. In other words, you are so much more than you might realize. You are a mystical being having a transient, human experience. For this reason, it is vital that you care for both body and soul so that you can experience the fullness of life. It's a sad state of affairs that we're taught to take care of our bodies but so little mention is made about how to care for the spirit. This is why you should make it a goal to develop yourself spiritually and to undergo psychic training. This is how you feed your soul and spirit.

Since you are spirit, this means you're automatically psychic. Much like a baby, who has legs but doesn't know how to use them to stand or walk or run yet, you have abilities that you haven't quite figured out how to use — most likely because you didn't even know you had them. It's a matter of becoming conscious of these abilities, and just like you work out a muscle to make it stronger, you work with them and learn to trust them so that you can "remember" how to use them properly. This means getting rid of all ideas and belief systems that hold you back from accessing your psychic self.

Why Clairvoyance is Important

Clairvoyance is magical and powerful. There is so much you can do with this — and you need not worry about using this ability because it's safe. Imagine being able to feel everything others feel, for instance, and being grounded enough not to take on those emotions yourself.

Clairvoyance is a great way to get a bead on what's really happening, no matter what the situation seems like on the surface. You can use this ability to heal by seeing the body's energy blocks or getting flashes about what needs to be done to fix a problem. This ability can give you great inspiration and insight, you can get your most pressing questions answered, figure out the next steps to take to achieve your desires, craft your life, and help others figure theirs out. It lets you discover the truth about who you are, and make better choices, especially as you'll have the bigger picture and a sense of the Divine Plan, so you know you're on the right path.

How to Develop Clairvoyance

Here's the thing: You're already clairvoyant. Your only job now is to access this ability and use it deliberately. You can find it in your head, but it's not quite the same thing as your brain or thinking faculties, which work in a completely different way.

Your seeing center lies close to your eyes, and this makes sense. You cannot see from any other body part besides the eyes, which are in your head — this is where you have to get into if you're going to exercise your clairvoyant ability.

Some people are clairvoyant on an extremely low level or are totally shut down. If this is you, then there are blocks that you will need to clear out, energetically and mentally — chief among them being the idea that imagination isn't real and that all experiences not had through the physical senses are equally unreal. The truth is that imagination is one of the ways in which your clairvoyant ability pops up, so starting now, you should quit believing the lie that "it's just imagination."

Some people have their clairvoyant ability dialed way, way up, so much so they can't control it. They see way too much weird stuff, and because of this, it's impossible for them to tell when they perceive something "real" as in physical or "real" as in psychic. This can get so overwhelming that they feel confusion and anxiety. The fix in this situation is to tone down that energy and become grounded. If this is you, you need to get to that grounding exercise we shared before and work on your lower chakras progressively.

Without further ado, let's get into developing your clairvoyance.

Direct Intuition

Start by working with your literal or direct intuition, which is the kind you turn to when you need to ask yourself questions about the specific issues or situations bugging you.

1. Sit somewhere quiet where you will neither be disturbed nor distracted.
2. Breathe, nice and deep, allowing each breath to relax you. Keep your attention on the breath until your body relaxes.
3. Pick a particular issue or situation that you'd like to get insight into. Keep your attention on it for a few minutes.
4. Now, either in your mind or out loud, ask for an experience that will let you know clearly what you should do about it in the near future.
5. Now, let this intention go.

Keep in mind that you might have to do this a few more times before you get anything out of it, but you are going to get results because you're turning your awareness and attention to this one matter, and so your intuition will guide you and give you cues to the right course of action to take.

Indirect Intuition

This is also referred to as symbolic intuition. It is your mind's ability to sense things that are

important, allowing you to interpret things that others would gloss over in a whole new light.

1. Get a pencil and notepad.
2. Either mentally or out loud, ask, "What do I need in my life right now?"
3. Ask this question three times and pause between each time.
4. During each pause, imagine that you're getting more and more meaningful answers than the last time.
5. When you've asked three times, you may now draw whatever symbol comes to your mind.
6. Now, it's time to dig through the symbol to find its true meaning. Ask yourself what that means to you.

A better variation of this exercise would be this:

1. Sit in a quiet place, with no distractions or disturbances.
2. Breathe deep and long until you're relaxed.
3. Ask yourself, "What do I need in my life right now?" in your mind.
4. Remain there in the silence. Allow the thoughts to fly through your mind.
5. You may notice mental images flash before you.
6. Take note of the images that strike you the most, it could be so much that you feel a physical sensation in your body in addition to strong emotion.
7. Write down the images you saw and ponder those.
8. If the meaning has not yet become obvious to you, state the following intention with conviction: "The true meaning is within me. It reveals itself at the proper time."

Note that this physical sensation you feel as you see those images could be anything from intense sexual arousal, an intense feeling in the heart, a falling, floating, expanding, or contracting sensation, and so on.

Blind Reading

Blind reading involves using a card system that allows you to put all your attention and energy on the matter you're dealing with and tap into your subconscious mind to get the answer you need.

1. Get three blank cards. They must be completely identical.
2. Sit at a desk in a room where you will not be disturbed or bothered.
3. Bring to your mind the situation or question for which you would like your intuition's guidance.
4. On each card, write a different solution to that situation or question.
5. Now, turn the cards over so you can't see the answers you've written.
6. Shuffle them randomly, and then stop, making sure that they're still face down from you the whole time.
7. Now, relax by taking nice and deep breaths. Just sit with the cards and don't overthink them.
8. As you breathe, allow yourself to feel more and more secure and confident about the answer you will get. Allow yourself to feel the ease of the clarity that is yours.
9. Run your hands over each of the cards, feeling their energy with your palms.
10. The card with the energy that feels right to you is the one you should flip over. Go ahead and do that. That is the solution that will serve you the most.

11. Take a moment to feel appreciation for the guidance that you have received.

Let Go of Fear

One of the biggest things that can hinder experiencing clairvoyance is fear. You need to get over the fear of perceiving things that are outside the realm of normal. Figure out from where your fear resonates. Sometimes it's simply that you think you will look silly to others, or you may have seen something so scary that you decided you never want to experience that again, and so shut down your abilities to save yourself. When you've figured it out, you can chant a positive affirmation, or repeat it in your mind, which suggests that you're releasing your fear.

Imagine More

Visualization is something people think they cannot do because they think that they're supposed to do something more than simply imagine. From here on out, understand and accept that visualization and imagination are the same. Flex your imagination muscles, and this will improve your third eye's clairvoyance. You already do this every day. You just need to get good at seeing things vividly in your mind's eye. Here's a great exercise to help you with your visualization.

1. See yourself holding seven balloons, each one a different color.
2. Let each one go, one at a time.
3. As you let one go, see it floating up to the sky until it's no longer visible. Only then can you release the next one and visualize the same thing.
4. Keep this up until you're able to see each one disappear completely.

Ask Specific Questions

To use your clairvoyance to address a specific question, you want to phrase your question in a specific way so that you can cut right through to the essence of the issue. Whatever you do, don't let the questions be broad. Narrow them down as best as you can.

The Sleep Method

This is a method to use when you're going to bed or whenever you feel the need to take a nap.

1. Sit in a reclining chair, at no lower than a forty-five-degree angle. You may also lie in bed on your back.
2. Hold up one arm, with your elbow resting on the armrest of the chair or on the bed.
3. Allow yourself to drift. When you fall asleep, your arm will fall and wake you up. The goal is to remain right on the cusp of wakefulness and sleep.

Continue to do this every day, and you will master this state. From this state, you can supercharge your clairvoyant abilities. You will be able to hold it without falling asleep. You could hold your most pressing questions in mind and stay in this state, waiting for the answers to flood in in the form of pictures, forms, and impressions.

Daydream

Think about your childhood. Shut your eyes and keep your awareness on your third eye. Then you may request help from your Higher Self to show you images full of peace and beauty. Whatever you do, do not try to control the images that come to you, and don't put too much thought into whatever you see. Allow your mind to roam free, trusting that it is being led divinely to allow you to become more clairvoyant.

Set Intentions

Setting intentions is a great way to become more clairvoyant. Work with your Higher Self by simply accepting that it will lead you to desired results — and it will, because the ways it communicates with you include clairvoyance as well as the other “clairs”. You can simply intend

to receive help from your Higher Self, and it will offer you divine guidance and insight. You need only to keep an open mind and a trusting heart and open your eyes to the signs that will definitely flood your life.

Communicate with Your Higher Self

You can contact this higher, more expansive part of you that knows things about you that you aren't even aware of at this time. Make a habit of striking up conversations with it. Don't do this in the typical way people pray, where it's one-way communication that only happens when the proverbial “poop has hit the fan”. Do this at any point in time, expecting to receive messages back. They can hit you in the form of impressions, inner knowing, or even a friend of yours or a total stranger randomly talking to you about the precise thing you discussed with your Higher Self. Make a point of checking in with yourself every day, and you will see results.

Meditate Daily

When you meditate, you will take your clairvoyance to the next level. It connects you to your Higher, spiritual self, faster and better than anything else, especially when you make this a daily practice. It's an important thing to connect with this aspect of yourself because it knows the whole reason behind your existence and knows the answer to everything you've wondered about. It knows the desires you have that even you aren't aware of yet, and it knows how to get you to all of that good stuff. It communicates everything it knows through impressions, clairvoyance, and other means that you might miss out on when you don't make a point of checking in every day through meditation.

See Auras

This is something anyone can do. All living things have their own aura around them. All you have to do is stand in front of a white wall, or a wall that's a simple, plain color, nothing too vibrant that would interfere with what you see. There should be a mirror in front of you, about eight feet away. With your peripheral vision, look at yourself around the head area while keeping your awareness squarely on your third eye chakra. Don't try to look directly at yourself, but through yourself, with no strain. Stay there for a few minutes.

If you don't see anything, imagine that you do, and then end that session. Try again later and continue to imagine that you can and did see your aura each time. Eventually, you will see it. When you do, don't try to look directly at it with your regular vision, or you might lose it. Use your peripheral vision only.

Practice Intuitive Readings

It's one thing to read all the books you can about becoming psychic, but it's another thing entirely to put what you learn to work. Go out there and jump in. Give people actual intuitive readings. You might be a bit frightened at first, but you must start somewhere. Read your friends and family, and then as your confidence grows, you can begin to read more people, perhaps even professionally. It shouldn't need to be said, but first, get people’s permission before you read them.

Practice Journaling

When you connect with your Higher Self, you will begin to receive information downloads, which you definitely want to note so you don’t forget them. This is why you should have a spiritual journal. You might find that you're open to automatic writing as well, which involves channeling messages from your Higher Self, Spirit Guides, and other beings through the written word.

Essential Oils

Essential oils are great for a lot of reasons. The right oils can help you with your spiritual and psychic development. Rosemary essential oil is great for encouraging clairvoyance. Apply a little drop of it to your Ajna, and gently rub it in, in small, clockwise circles. Make sure it doesn't get into your eyes. When you're done, intend within your mind or out loud that you want to develop your clairvoyant ability, and that is exactly what will unfold.

Crystals

Crystals are great. They can amplify and speed up the manifestation of your intentions. Fluorite, in particular, is great for activating Ajna and protecting you on a psychic level while it's at it, so you don't have to worry about the adverse effects of opening this energy center. You can wear it like jewelry, meditate with it in your hands or close to you, or put it beneath your pillow when you go to sleep.

Chapter Seven: Unlocking Clairaudience

Clairaudience means what you think it means — psychic hearing, or "clear hearing." This means you can hear stuff that isn't physical. You can hear things from other realms of existence. You can hear guidance from your Higher Self, guides, angels, ascended masters, and more. What you hear will be full of great insight, offering you wisdom and guidance, leading you through your intuition.

Everyone raves about clairvoyance because that's the "in thing," but most have no idea how powerful clairaudience is. It's understandable, really. The idea of hearing things that no one else hears sadly brings schizophrenia to mind — something no one wants, but this is different. This is a psychic gift.

When you have clairaudience, you can receive guidance from spirits, get information that no one else has access to, and learn things that would never be discovered through any other means.

Clairaudience can offer you guidance or warnings. Often people hear it when they're in danger or when there's a momentous decision that they must make, one which will mean major consequences for their lives. Sometimes the messages are names, phrases, or words that others might ignore, but that would strike a chord with you. Sometimes it could be a random sound or even music. It might feel like it was spoken close to your ear, as though there was someone hovering over your shoulder. You might perceive it as an echo. You might hear your loved one's voice, especially if they have crossed over. Clairaudience also happens in dreams, where you hear the voice during your sleep.

Are You Clairaudient?

So many people are clairaudient but don't even realize they have this gift. For the most part, it's because they expect it to work more strongly or differently than they already experience it. I'd go so far as to argue that everyone is clairaudient, but you need to work this muscle so that you can hear the messages from other realms much better. The good news is that this only needs some practice.

That said, some people have an easier go of it than others. You're one of those if you're especially bothered by loud sounds. This means you are more sensitive than most. You may also experience a ringing in your ears which is not tinnitus. This often interrupts the monkey mind and signals you to pay close attention to what's happening in the here and now, or to your intuition. Musicians are clairaudient. Many composers hear a melody in their mind, or they dream it before they actually begin writing it down.

Have you ever been in a situation where you were confused or wondering what to do, and then this still, small voice in the back of your head gave you a simple statement that offered you clarity? When you listened to it, things went well, but things went awry when you didn’t. Well, then you definitely have experienced the power of clairaudience. Now, imagine having that sort of guidance all day, every day. It certainly sounds like it's worth developing now, doesn't it? To help you, here are some signs that show you are indeed clairaudient.

1. You hear a ringing in your ears. This is not the usual sort of ringing attributed to tinnitus. Sometimes it's a loud tone that comes suddenly, almost like a clear, high-pitched flute, in both ears, or starting in one ear and then moving off to the next, causing the ear without the sound to muffle all other sounds in the room with you. This often forces you to pause for a moment — and for good reason. You should take time to figure out what your Higher Self might be trying to draw your attention to.

2. You tend to talk to yourself a lot. As in, you have full-on conversations with yourself, with a voice you alone hear on the inside. You might have assumed over the years that this inner voice is "just me," but it could be more. It could be the dimensionally larger part of you speaking with you, giving you guidance and support.

3. People keep coming to you for advice. For some reason, you find yourself advising people. They are drawn to you because they know whatever you say will be just the thing they need. They feel like you understand them. What's really going on is that you're channeling wisdom from your Higher Self and Spirit Guides — and you may not even be aware you're doing that. Becoming conscious of this will lead you to even more profound insights that can help you and those who come to you.

4. You hear your name even when there's no one around. Chances are you hear this call from other realms and dimensions. You might not hear much else, but the more you pay attention, the more you will likely pick up on it.

5. Growing up, you had an imaginary friend. This imaginary friend is often your Guide or Higher Self. Kids are a lot more aware of spiritual matters than adults are. Unfortunately, many adults discourage their kids from communicating with these friends; most people grow up and lose that wonderful gift.

6. You tend to pick up on messages that seem directed right at you. Sometimes, you could get answers to questions that have been bothering you through a song on the radio. Someone tunes in to a station and that exact line you need to hear is what comes on right away. Other times, you're passing by strangers, and they're saying what you need to hear. Or a friend or family member randomly discusses information that is for you. Or you "stumble upon" the right podcast. These are some of the ways that Infinite Intelligence communicates with you.

7. You have no trouble being inspired. It's a natural thing. You find yourself being constantly hit with ideas that you get the feeling couldn't have come from your mind. This is the right time to turn your attention to your guides and see if they have more to share with you.

How Clairaudience Works

It's like a voice on the inside, which many people erroneously assume is their own voice. That voice is full of validation, love, guidance, and encouragement and is often your Higher Self, angels, and Spirit Guides trying to help you along your Divine Journey.

Sometimes, especially in extreme situations where you really need an indisputable reason to act on this guidance, that inner voice will be an actual audible one that only you hear. This is not often the case, but it needs to be stated so that you're not startled if or when it does happen to you.

Keys to Develop Clairaudience

You must have the right expectations. Many people have the gift of clairaudience, but they are clueless about it. Again, this is because they expect something dramatic and over the top to manifest. They think it should pretty much work in the same way talking to a physical person does, but that's not the case — at least, not always.

It's often an internal experience.

You must raise your vibration. This is vital because the messages usually come from realms with much higher, subtler, and less dense vibrational frequencies. You can raise your vibration through daily meditation, eating the right foods, and remaining aware that there is more to life

than meets the eye. Raising your vibration makes you a vibrational match to the frequencies of your Higher Self and guides so that you can actually perceive the guidance that they share with you through your clairaudience.

You must fill your life with love and light. The way to do this is simple — ask for help from your Higher Self. Imagine or visualize that you are full of light, emanating from within you, encompassing your entire being. You can then call on your guides and angels to help you with opening your heart, raising your vibration, and expanding your energy so that you're in more alignment with them and so that you can easily connect with the more spiritual realms. You can and should also ask them to help you develop your clairaudience, and they most definitely will. Be sincere and expect to get results.

You must make meditation a daily practice. Of course, this is unavoidable, no matter the psychic gift in question. It is the best tool for improving your psychic power. Clairaudience uses that inner voice to reach out to you. Your guides, Higher Self, and Source are always reaching out to you, but you can't hear them if your mind is always busy with this and that, constantly preoccupied with the daily grind or why your neighbor is such a tool. The mind has a habit of constantly hopping from one thought to the next, much like a monkey, and this can block out any chance of you hearing the Divine as it communicates with you.

This is the reason you must meditate to hone your psychic abilities, including clairvoyance. Make a habit of quieting your mind, keeping your heart open, and seeing yourself full of light. You can ask your Higher Self to assist you with this and help you create space for you to receive whatever you need to learn from them.

Another reason meditation needs to be daily is that it's a skill, and must be practiced. You might have trouble getting to that place of stillness the first few times, but don't let that bother you. You will get better with time. You can start with guided meditations, then work your way to meditating with calming music, and finally, to meditating in silence. At some point, you will find that no matter what's happening around you or how loud it gets, you can enter the meditative state at will. You can only get to this point with practice, so don't skip a day — and don't try to rush the process.

When you meditate, your mind becomes calm and clear, and this is the optimum state to listen to spiritual guidance. You need only to be aware and present in the here and now. Forget about the future and the past. Sit in silence, be still, shut your eyes, and turn your attention to your breath.

Take nice, long deep breaths, in through your nose, out through slightly parted lips. You will notice your exhalation lasts longer than your inhalation. This is fine. You want your belly to rise with each inhalation so that the oxygen gets everywhere. When thoughts pop up in your mind, don't engage. Watch them flutter in and out. When you're distracted from your breathing — and you will be — don't get mad at yourself no matter how many times that happens. Instead, be thankful that you noticed because noticing is a sign of progress. Then, gently and lovingly return your attention to your breath.

When you sense the stillness within you, you will know it. All you have to do is be still, breathe, and keep your inner ears open. Remember that there are so many ways in which you can receive clairaudient guidance. It could be the inner voice, an outer one, a song, or some conversation you overhear later in the day.

Listen More

To become even more clairaudient, resolve to become a better listener. When people speak to you, don't just listen because you want to know what to say next. Listen because you want to

absorb what they're saying. Stop the internal monologue that has you worrying about what you should say in response. Instead, be open, present, and truly listen with your heart. This is the same form of listening required to receive clairaudient messages, so the more you listen like this, the better your reception of subtle messages will be.

When you meditate, listen to your breath as it flows through you, in and out. When you're at the park, listen to the sounds around you. When you're alone, listen. When you're about to go to bed, listen. Tell your ego mind to shut up for a bit, so you can truly hear all that's happening around you. The quieter your mind, the better you'll be able to listen, and the better your guides will be able to share their insight with you.

Leverage Your Imagination

Imagination is more powerful than most people give it credit for. Whatever you imagine, being true to yourself becomes the truth. Imagine that your clairaudience is through-the-roof amazing. Imagine it to be, and it will become that way. Imagine receiving messages and you'll find it a lot easier to receive messages from your Self.

You can start by imagining sounds with your inner ears until you can hear them perfectly well. Pay attention to the sound of your inner voice and where this sound comes from.

Here is an exercise that you can use to practice hearing on a psychic level. First, sit somewhere quiet, shut your eyes, and call on your Higher Self. Visualize light around you and coming from within you. See that light opening up your heart. Feel your energy body expand and imagine that you can hear the Divine realm.

What does this sound like to you? Is it a single tone or a melody? Imagine hearing this with your inner ears. When your mind steps in to say you're fooling yourself and you have no clue what it sounds like, you can switch to hearing the ocean waves crashing against the shore or a stream flowing through the woods. You can also listen to birds chirp with your inner ears, or whatever sound you want to. The point is to practice inner hearing, as this will help you tremendously develop your clairaudient ability.

You should also practice hearing various sounds on the inside, from rainfall, children's laughter, dripping water, chirping birds to ocean waves, honking horns, a playing piano, or whatever you desire.

Call on Your Higher Self for Help

Your Higher Self will never say no to your request for help. You just need to ask, out loud or internally. You must ask with the expectation that you will receive in order to receive. When you do ask, you will receive intuitive guidance. You should act on this guidance and always respond. You may be led to make changes in your diet or your habits or you may be led to practice more meditation or yoga. Trust the info you're receiving and act on it without question.

When you ask, it is vital that you release the outcome. Surrender that to Divine Wisdom, trusting that it will play out exactly as it should. Let yourself be more receptive, open, and willing to do what you must to raise your vibration so that you can become more clairaudient than you already are. You have asked, but that doesn't mean you should not do your bit. Continue to practice your meditation and inner hearing.

Again, when you ask, ask with trust that you will receive, and continue to listen for the guidance coming your way. You want to make sure that you continue to vibe bright and high so that you always hear what you should at any point in time. Above all else, you must be patient with yourself. Don't rush, and don't be in a hurry to hear. Trust that the Divine answers and your receiving occur in perfect timing.

Let Go of Fear

If you're afraid that you might hear something bad or frightening, then you need to let go of that fear, because it's a block to your clairaudience. Be assured that you will only ever hear from your Higher Self and Spirit Guides. These are beings that only have the best intentions for you and would never deliberately scare you or make you uncomfortable.

Acceptance of this gift is critical if you're going to work with it. It's sad that some people are afraid of it, thinking it's a curse or a sign of demonic possession or hauntings or some other crazy nonsense. Sure, it can be scary to hear your name being whispered in your ear as you're waking up, knowing fully well that you're alone in the room, but that's only because you may not have known what the phenomenon of clairaudience really is, and you may be working off of what you've seen in horror flicks.

It bears stressing that there's a huge difference between having a psychotic episode and having a psychic one. With the psychotic, you take leave of the usual level of consciousness and reality and move on to one you may not be familiar with. The psychic stuff often happens more like an augmentation of the present reality, allowing you to function as you normally would but giving you more insight into your life. Choose to accept it, and you will grow in your clairaudience.

The people who are more likely to have success in developing their psychic abilities are those who are creative. They have no inhibitions and allow their thoughts to flow freely. They can accept the information that flows through them and aren’t afraid of it. Because they have no fear, they don't shut down their ability, and they continue to receive more and more.

Exercises to Improve Clairaudience

When you're first becoming aware of your clairaudience, it can be equal parts exciting and scary. You may not understand where to start. Yet, you have no reason to worry. Clairaudience is one of the abilities that are really easy to master. All you have to do is become "tapped in, tuned in, turned on," as Abraham-Hicks puts it, and you'll get the messages you should in no time. Sure, you're not a radio, but you can pretty much work the same way and tune in to the Divine message with the following exercises.

Astral Sounds: This exercise works because the more you hear in the physical, the more you can hear in the spiritual. The world is noisy, but you can use the noise and make it work for good.

1. Shut your eyes and take a few deep, relaxing breaths.
2. Intend that you want to improve your clairaudience.
3. Breathe and allow your body to relax even more, moving all your awareness to your hearing.
4. Gently, move your awareness to sounds you don't usually pay attention to.
5. Note each sound in turn, paying attention to the sound's quality and the subtle variations, if any.

You can use this exercise in different locations so that you have different things to listen to.

Use Music

This exercise works because it allows you to pick up on each song's subtle sounds and tell them apart. This is also a great way to tell your thoughts apart from the messages you receive from your Higher Self.

1. Pick a song you like, one you've always listened to. Play it.
2. Pay attention to one instrument out of the many sounds going on, isolating it from the

others.

3. Repeat this for the other instruments.

See Sound

This exercise works to make it easier for you to pick up messages telepathically.

1. Sit in a quiet room.
2. Imagine music playing.
3. Play that song without instrumentals in your mind.
4. Play that song again, without vocals.
5. Imagine the voices of people you know, one after the other.

Chapter Eight: Unlocking Claircognizance

If you tend to know what others are about to say, find answers to questions without thinking much about them, have amazing instincts, and tend to "know" things, then you are claircognizant. Claircognizance is "clear knowing." This ability is what lets you know about stuff that is real or is about to be real, though you honestly have no explanation for how you know that you know.

How Claircognizance Works

As a claircognizant, you have this inner knowing. It's there in your gut. You know specific stuff because of your psychic ability, and this shows up in the form of thoughts.

It's almost like the facts and information are downloaded into your awareness, and you can perceive things about people and situations that no one could possibly know. This knowing is a strong, sure feeling. It is not quite the same thing as thinking or thinking through things to arrive at a logical conclusion. It's an instantaneous, unquestionable awareness that can hit you the same way a bolt of inspiration does.

For instance, you can become aware that someone is telling lies or shouldn't be trusted. You can become aware that this is the job you should apply for and that your application is only you going through the motions, because it's actually already your job.

It's almost like someone flips a switch. The light of your situation’s truth or that of the person you’re dealing with immediately floods your mind. It can happen randomly, no matter what you're doing, whether it's working out, doing the dishes, or falling asleep. Sometimes, the claircognizant messages can be warnings about people or a situation you're about to become involved in, and other times, it could simply be insight and guidance that you need.

Are You Claircognizant?

It can be a bit tricky to distinguish between a regular thought and claircognizance, but you can work it out with some practice. The mind loves to think in a loop. A lot of the thoughts we have are repetitive and serve as white noise. However, these thoughts are not always true — and this is where the claircognizant experience separates itself from regular thought. If you have this ability, then you consistently know things, and despite having no evidence, you're right. The following are signs that you are claircognizant.

1. You know when someone should or shouldn't be trusted. You're a walking, talking lie detector, perhaps even better than the actual lie detector. You can tell when someone is trying to pull one over you or another person, even if everyone else is buying his or her act.

   This indicates that you really are claircognizant. You fish out insincerity with ease, and no one can lie to you and get away with it. Even if you have no evidence, you know without a doubt that you're right — and time always proves you were indeed correct in your assumptions.

2. You rely on your gut a lot, and it never steers you wrong. Everyone has instincts that are affected by our experiences, like what kind of childhood we had, our genetics, and our connection with the spiritual realm. The one person whose instincts are always spot on, though, is the claircognizant.

   You can predict what happens next based on what your gut tells you, and you're consistently correct. You know you shouldn't visit that "friend," accept that offer, hop on

that bus, or trust the woman with the warm, kind smile, even though she seems so sweet and lovable. You can't explain why, but your past experiences have shown you that you'd better pay attention to what your gut is telling you.

3. You tend to finish other people's sentences or answer their questions before they can ask them. It's not that you're bad-mannered or anything like that. You know where they're headed already, sometimes even before they do.

4. Messages come to you like random ideas. You tend to have random thoughts that usually help to keep you and those you love away from danger or grave consequences. Granted, you don't know when the message will hit you, but when it does, you know that you must deliver it to whomever it's meant for or watch out for yourself if it was a message for you in particular.

5. You tend to wake up with a head full of solutions or answers to problems you or others you know are dealing with. This means that your gut has been hard at work while you were asleep and that you've had mystical experiences where your Higher Self has let you in on what you need to know to move forward.

6. You can tell how things will turn out in any situation. Have you ever known that things would work out (or not work out) without having a plausible reason for why you felt that way? Or have you ever predicted that things would work out a particular way, and you were spot on in the end? Then you might very well be claircognizant.

While it is impossible to know the future using your five regular senses, your claircognizance can tip you off. You know deep within yourself things that others can never be certain of. This knowing defies all reason and logic, and you can “see” how the future is going to transpire.

7. You tend to pick up on particular skills easily. This ability helps you to learn stuff with no stress and in record time. It's almost as if you've done this before, and you're only just now picking it up again. Sometimes, you dream about doing these things, and then you wake up knowing exactly how to do them even if you've never had any practice while you're awake.

8. You're no stranger to deja vu. You keep getting that feeling that something feels familiar, or like you've been somewhere before. While this happens to people generally, it's a stronger sense for you, and it tends to last longer. Sometimes you have entire minute’s worth where you live through everything as if you've already done so before.

Develop Your Claircognizance

Following are ways to develop your claircognizance.

Set Intentions: You can work to hone your psychic abilities by simply setting the intention to get better at them. The same thing works for claircognizance. If you want to get better at it, state your intention to do so out loud or within your mind. As you set this intention, understand that you have set energy in motion that must fulfill what you have set it to do. Let that give you the security and peace of mind you need to trust that you will get better at being claircognizant.

You can also write down your intention and put it somewhere you will see it every day. First thing in the morning, read this intention aloud to yourself and repeat it until you feel the vibration of the words take over you, and you feel like you are heard. Repeat this same exercise last thing before you turn in for the night, and you will begin to notice your claircognizance growing stronger and stronger.

Use Automatic Writing: We touched on this a little in a previous chapter. All you need is a pen

and a blank piece of paper or a notepad. If you prefer, you can use your computer or your phone if it's got a note or journaling app installed.

Go somewhere quiet, where you won't be distracted or disturbed. Take a few deep, long, relaxing breaths in through your nose and out through slightly parted lips. Allow the air to fill your belly and lungs, and empty it all out on the exhale, taking as much time as you need to so the air's all gone. Continue to breathe this way until you feel calm and relaxed.

Next, ask yourself a question. You may ask the question aloud or within your mind. Now, begin to type or write. As you do, make sure that you're not putting excessive conscious thought into the process. Simply allow the words to flow through you. You may feel a tad fake or silly at first, but remember, these psychic abilities get better and better the more you learn to trust and let go. Trust and let go, and allow your mind to wander and roam as you type or write.

Notice the way that the words move through your mind, without you having to do any manipulation or crafting on your part. Sometimes, the words will make no sense to you. Know that this is completely fine. Nonetheless, you will definitely get answers that will surprise you. Most first-timers are often left with a sensation that they can't believe that the words they're looking at on their paper or screen just came out of them.

Practice Meditation: You already knew this was coming, didn't you? Meditation matters, no matter which psychic ability you would like to develop. It could be clairvoyance, clairaudience, clairsentience, clairalience, or claircognizance (yes, there are more “clairs” besides the major four). If you don't meditate, then you will not have as much progress as you should.

If you make meditation a daily practice, you will go much further with your claircognizance manifestation. You'll reduce your stress levels, concentrate better, and become ever more connected to your Higher Self and to the people around you. The more you practice, the more you will experience tranquility every day. You have true peace beyond comprehension and are unperturbed no matter what comes your way.

When you meditate, you train both body and mind to enter a state of true relaxation conducive to working with the spiritual, subtle realms and energies. Spirit has a much higher vibration frequency, which you can connect with through daily meditation.

There are so many ways to practice meditation, so don't quit because you tried one method and didn't like it or had no results. The possibilities are endless so there's bound to be a right fit for you.

Ask for Help from Your Guides or Higher Self: Again, they are always there for you. Space and time do not bind these, and so you need not worry about whether they can attend to your needs. You need only to ask them for help with developing your claircognizance or any other psychic ability you need help with, and they will be happy to guide you in every way they can.

First, you can begin with deep, relaxing breaths, preferably somewhere you will neither be disturbed nor distracted. When you're relaxed, set the intention to connect with your Higher Self and your entire spiritual family. Go for it. Next, go on and ask them to give you the guidance you can work with to become better at your clear knowing skill. Then, sit there expectantly, knowing that you've been heard and that they're on the matter. Thank them lovingly for their help and go on your way. If you want to rev up this meditation session, you can use sage, cedarwood, or rose essential oils to help you.

Trust Yourself: Trust is crucial for developing psychically. Trust yourself. Trust the messages you get. Trust that your guides are all there to help you. Trust that you can trust your gut. Trust is a muscle too. The more you work it, the more of a reason you will have to trust. You will

experience evidence that you can indeed trust your messages, and your intuition will grow in leaps and bounds.

The next time you go through a claircognizant experience, let yourself go with it, without question. Got a nudge to move a box or bucket to another corner? Go ahead and do that. There might be a chance that someone might get hurt if it's left there, or someone might need it and find the new spot more convenient for them. It might seem like a little thing but learn to trust these "feelings" you get.

At first, your logical mind will come up with all sorts of reasons to deter you. "You're nuts," it might say, or "Okay, now you're panicking about this claircognizance thing." Don't listen to that. Listen to your heart and honor it every time. This is how to develop your ability.

Visualize. Remember, this is just another word for imagination, which is something you already do. See yourself as someone who is aligned with your claircognizance. See yourself as the person who knows when Bitcoin is going to pop, or that drops everything when your friend is going through a disaster and they need you. You might know when you should buy a spatula on your way to your cousin's because they're going to want pancakes, but the one they've got is going to break. Imagine that you're the sort of person who offers your clear knowledge to everyone around you and it enriches the world.

Another visualization exercise involves working with your sahasrara or crown chakra, which sits on top of your head and connects you to the whole universe, physical and spiritual. Shut your eyes, breathe deep, and move your attention to the top of your head. In your mind's eye, see it opening up and getting downloads of information from the universe and from Source energy. See this chakra glowing violet, spinning, wide open, accepting energy from all around it, and burning bright and brilliant.

The Difference Between Claircognizance and Clairsentience

It's easy to get these two mixed up, but they aren't the same thing. Where claircognizance is clear knowing, clairsentience is clear feeling. The clairsentient person can feel the dishonesty washing over them from the salesperson speaking with them. The claircognizant person knows that they're full of, well, you know what. In other words, the clairsentient's sense of knowing is based on feeling, while the claircognizant experiences a pure sense of knowing, with no evidence, logic, reason, or feeling. It might seem a bit nitpicky, but it's necessary to point out the difference between both.

Positive affirmations work. You need to come to a place where you value your thoughts, insights, and flashes, and don't dismiss the intuitive nudges you get. This is where positive affirmations can be helpful to you. They will allow you to connect with your intuition. The more you connect with your intuition and value it, the better it will get, and the easier you will receive messages. Here are some affirmations you will find helpful:

- I am psychic.
- I am intuitive.
- I am connected to my intuition.
- I am aligned with my inner vision.
- I have insights from within me.
- I am in touch with my intuitive self.
- I trust my gut, and it's always right.
- I always know what's coming.

- I have a clear knowledge of all things.

The Source of Claircognizant Messages

It can be a bit much trying to explain to others how you know what you know, and your friends might look at you weirdly when you tell them that they won't be able to have that party on Thursday because there's a terrible thunderstorm accompanied by a plague of frogs (though they've learned to trust what you "predict"). That being said, you should at least know how you know these things.

Your claircognizant messages are often shared with you through your Higher Self, Spirit Guides, or other spiritual beings that care about your wellbeing and want to see you and yours do well in every way. They can come from loved ones who have passed on or other friends or family members who are very spiritual. They could also come from an angel, or an ascended master, whose spiritual family you belong to. When you begin working with this ability, with time you'll be able to tell where each message is coming from and why they deemed it important enough to let you know about it. Sometimes, the messages might not seem particularly useful; learn to trust that their true meaning will be revealed to you at the right time.

Chapter Nine: Unlocking Clairsentience

Do you find that you can feel other people's emotions and figure out what their next moves would be without needing them to tell you about it? Are your "gut feelings" typically spot on? Then chances are you are clairsentient. Clairsentience means "clear feeling." It's your ability to feel other people's emotional states, present, past, and future, without needing any of your physical senses or having them talk to you about what they're going through. You can also get information about emotional states from non-living things like buildings or just about any other object that living beings have come in contact with.

Are You Clairsentient?

The clairsentient is able to get emotional information through feeling and sensing their surrounding energies. They have the best grasp on human emotions, and this can lead to the gift of telepathy. Clairsentients can work as mediums, allowing people to reach out to friends and family who have crossed over to the other side. They are emotional sensors for the spirit realm, explaining to humans what loved ones may be trying to communicate through their feelings. They can use this ability to help people make good decisions or to solve problems.

If you're clairsentient, several signs make it pretty clear this is your gift. It all comes down to the way you react to events, people, places, and situations, and how you feel about other people. Here are some signs that you do indeed have this gift:

1. As a child, you were often asked, "Why are you so sensitive?" You probably still get asked that question even now.
2. Somehow, you always know stuff without needing to be told the details.
3. You are incredibly perceptive, and you know how to read between the lines. This comes naturally to you. You're never tactless.
4. You have the uncanny ability to figure out what's going on with people on a deeper level emotionally, thanks to your intuition.
5. You can't stand to see others suffering. You can feel their pain, whether it's physical or psychological. You are full of empathy for others.
6. When you do connect with people, it's purely emotional for you. It's deep and true.
7. When you meet people with dark, unpleasant energy, or you go to places with that kind of vibe, it makes you uncomfortable, sometimes to the point of actually getting sick.
8. You can pick up on energy in any room. Sometimes, you walk into a place where there was a heated argument, and you know what happened, despite not having actually seen anything with your physical eyes. This is because you can pick up on leftover energy.
9. You're not a big fan of big crowds. You experience energy a lot stronger than most people do, which is why you find yourself drained when you're somewhere with a lot of people for a long period of time. It's because you can sense the moods, emotions, and feelings of everyone simultaneously, and this can be overwhelming if you don't ground yourself. If you're ever spotted at a crowded market, a stadium, public swimming pool, or music concert, chances are you aren't there because you want to be.
10. You're amazing at reading people. You're the one your friends and family turn to when it comes to needing advice because your gut feelings are typically accurate. You can sense what someone's motive is and what they're about to do without even meeting them. You look at someone, and you can tell the sort of person that they are. It's not the

same thing as judgmental because you're correct in interpreting what your intuition tells you about them. You're that friend that other friends introduce their would-be lovers to so that you can let them know whether or not something is off. You might not be able to tell them why, but they've learned to trust you anyway because you're always right.

11. You're overly sensitive to your environment. You cannot stand clutter. Sometimes, this makes it difficult for you to focus on work or feel at ease. You can't stand an untidy place. It feels like it interrupts your flow on every level, physically and psychically. Every place has its own energy, and you can pick up on it. There's a reason your stomach clenches, and you grit your teeth when you think about having to go to these places, for whatever reason.

12. You cry over emotional movies. You know it's just a movie, and it's "not real," yet that's not enough to stop you. You empathize so much that the tears begin to flow, or you need to take a moment to recalibrate your emotions before you can do anything else once the movie is done. Being clairsentient means, you'll experience the actor's emotions even more than the actors themselves. Beware of this, and don't allow yourself to become overwhelmed by movies that do not add to your life in any good way.

13. You pick up on the emotions of spirits. Sometimes, you get the sense that even if the room is empty, you're not alone. You get a sensation that there's someone else with you. What is really going on is you're picking up on subtle yet very real energies. There is absolutely no reason to be afraid of this. Your Higher Self and Guides are always with you and being able to sense them is a wonderful thing indeed.

14. You have sudden mood changes. You might find yourself suddenly angry, anxious, or stressed out, and you can't think of an obvious reason you feel this way. This is you picking up on other people's emotions through your clairsentience.

15. No one can pay you enough to sit and watch the news. Or read the papers. There's too much negative stuff going on. Other people may have become desensitized to the media's tradition of blasting the worst news possible day after day, but not you. You feel that more than everyone else, and you're aware of how detrimental exposure to the energies of fear, doom, and gloom is.

16. Right away, you know when a friend or family member has had a rough time. You can tell when they're having a bad day. You're not fooled by the big smile they plaster on their faces because they're trying not to burden you or anyone with their issues. You can tell. Other people may ask them, "How are you?" and they give a vague "Fine" in response. You ask them the same question, and they can't explain how they became a babbling, bumbling broken mess in your arms, telling you what went wrong.

17. Somehow, you pick up on changes in temperature faster than others. You can pick up on hot and cold spots in the same room, which can indicate energy or the presence of a spirit. You also experience phenomena like a breeze in a room where the windows are shut tight and the doors are closed, or a sudden chill when it’s warm, or a feeling of warmth when it's cold.

The Upside to Clairsentience

You might wonder if it's worth it to feel other people's emotions. It might even sound like it's possible to get lost in it all and not know where your emotions end and others begin. While this is a very real possibility, there are several ways in which this ability is actually of benefit to you.

For instance, if you're a counselor, or you're involved in politics as an advisor or on the center

stage, you know exactly when to speak and share your insight so that it has the most impact, and you also know when to keep your mouth shut, where others would have said stuff that would get them into trouble.

If you're a parent, then having this ability makes it easy to figure out what's going on with your children without them having to tell you anything. You get why they act out, why they're so quiet, or so loud, and so on. If you've got a baby, you know what each coo and cry means, and you can attend to them accordingly.

If you're a doctor, this can help you because you're able to figure out things your patients cannot or will not share with you. As a healer, you know exactly what the problem is, and you know what needs to be done to fix it so that they can feel much better. You can sense where the energy blocks are so that you can get rid of them through energy healing methodologies like Reiki.

If you're driving on the road, you can sense when someone is going to do something that will cause a terrible accident, and you can slow down or speed up to get yourself out of there. You could even offer a friendly warning to whoever might be involved or do something to keep it from happening altogether.

If you work in the force as a detective, then clairsentience helps you figure out who's lying and who isn't. You can also pick up on energies left behind on objects that once belonged to victims of crimes, and you can use those to get clues about the perpetrator.

The Downside to Clairsentience

The trouble with being clairsentient, though, is that if you do not have a strong sense of self, you might find yourself taking on emotional burdens that are not yours to bear. You might not be able to distinguish between what you feel and what someone else feels, which can affect your life and relationships in adverse ways. This is why some clairsentients resort to drugs and alcohol dependence to numb the pain they feel. Nevertheless, it is a gift. You simply need to know how to work with it and manage it.

The way to work with clairsentience is to assume a stance of non-attachment. You can see and feel other people's pain, and you most certainly can empathize with them, but you do not need to take it on as your own. Constant meditation and grounding exercises can help you achieve this state, but above all else, you must change your perspective about clairsentience if you'd rather have it be a blessing and not a burden. First, see it as a gift.

Understand that more than anyone else, you have the ability to choose your emotions at any given time, regardless of what's going on around you or what's happened to you. It may seem impossible, but if you practice meditation you will come to experience this in your life. This doesn't mean that you'll turn into a stone-cold b-word. It just means you'll be in a better position to help people when you sense they're in pain or frustrated.

The Difference Between the Empath and the Clairsentient

Based on what you've read so far about the clairsentient, it may seem like a fancy word for an empath, but that's not the case. The empath can sense other people's energies and emotions, as well as the emotions of animals and objects. Since clairsentients can sense others' emotions, they usually are empaths too.

The clairsentient's abilities are deeper than the empath’s, however. Theirs is a psychic ability that allows them to experience emotions and pick up on energies of a much wider range. Where the empath only senses emotions, the clairsentient can get insight into why people feel the way they do.

The empath may be able to tap into the feelings of someone sitting next to them, but the

clairsentient can tell the thoughts and emotions swirling through the other person's mind — and this person doesn't even need to be right next to them. They could be across the world, and the clairsentient would be able to pick up on that. Clairsentients also know when they're being watched, and they can tell if someone is about to be in danger or is going through pain.

Clairsentients can also pick up on the emotions of spirits around them. They can pick up on energy in a place, regardless of whether it's filled with people or not. They can also pick up on someone's energy, whether or not that person is presently projecting or outwardly showing how they feel.

Work with Clairsentience

It is sad that most people assume this ability is the same as mental health issues. Of course, you should reach out to a professional if you think this might be the case with you. That being said, you should keep an open mind and truly consider if this is something that's happening only in your head or if it is really you that is experiencing the subtler happenings around you on a psychic level.

When you can work well with your ability, you will find it a most wonderful and welcome gift. The fact that you can clearly connect with others, truly feel their pain and emotions is great for boosting your friendship, love, and compassion for one another. It also works well even if you're just their friend, cashier, counselor, or even the gardener. Let's go over the ways in which you can work harmoniously with this gift of yours.

Accept that it is a Gift: Do not think of it as a bad thing. Show appreciation for this gift.

Learn what each emotion means and how to distinguish others' feelings from yours. This is key. You can't try to save a drowning person if you're drowning yourself. The way to make sure you can use this gift in a beneficial way is to draw the line between your emotions and those of others.

Connect with Other Clairsentients: They can help you work through the many unique experiences to possess this gift and can even show you things you didn't know you could do with it.

Do not allow yourself to be overwhelmed by the fear of taking on others' emotional or physical pain. Again, these burdens are not yours to carry, and so you need not carry them. Don't let them bog you down.

Use Creativity to Express Your Emotions: You can write poetry, draw or paint, compose music, whatever comes most naturally to you. When you can express what you feel with creativity, it helps you to release your feelings and not take them to heart.

Journal: This is a great way to sort out the emotions. Journaling and going over your entries will help you develop a strong sense of self and see how far you've come with working with clairsentience, and how you may have changed. It will show you what you need to improve upon.

Meditation and Music: Again, you cannot escape meditation. It will help you manage the gift better. You can also find release in playing music yourself, by playing an instrument or composing your own songs.

Use this Gift for the Good of Others: Ask yourself how you can proactively use this to help other people in your life. The more you help, the better you will become at working with it, and the more sensitive you will be. Yet, you will find a curious thing unfolds: You may become more sensitive, but you will be less and less overwhelmed by the gift. This is when you attain spiritual maturity, which comes from constant practice — and there's no better way to get practice than

helping others work through their emotional issues.

When you're done with your psychic reading, healing, or counseling session, let go of others' energies. You have done your part. You no longer need to hold on to those energies. Trust that you have helped them and that things will work out fine for them.

One thing to note about clairsentience is that it plays out in different ways for different people. Not every other clairsentient will feel what you feel. That said, you really should network with others who have this gift. Hop online to find forums and meetups near you.

Develop Clairsentience

To develop and improve this skill, you can connect with your infinitely wise Higher Self and ask for help. You should try to get in a lot of practice. Here are things you can do to increase your clairsentient abilities.

1. Work with your environment. Again, clairsentients are very aware of their surroundings. If you notice that you are often affected by clutter, can't think straight, and struggle to be productive, then you should pay attention to your surroundings before you begin to practice your skill.

   Work on your surroundings and make them neat and tidy. Make it clean. Clear out all the things you're no longer using. Don't hold on to clutter. Make it a place that you love to come back to. You may also burn some sage to clear out all stale, old energies that no longer serve you from the area. This will give you the perfect environment in which to meditate and to practice developing your abilities.

2. Read someone. This is the best way to improve this psychic gift. First, you should get a family member or friend to get you the photo of someone they know pretty well, whom you've never met. Study this picture, putting your attention on the subject's eyes. Feel for their energy. Tune into it so you can pick up on what they felt when they had the photo taken. Were they at ease and happy? Or were they stressed out and angry? Keep in mind that at first, you may only pick up on the negative or positive vibrations. This is fine. You will be able to pick up on more with more practice.

   Next, ask yourself what sort of person the subject in the picture is. Can you trust them? Finally, ask your family or friend to give you feedback, to know how precise you were. Continue to do this exercise to get better.

3. Practice psychometry. This is basically reading an object's energy. Hold the object in your hand (make it an object you have no knowledge of). Then, tune into it and observe the feelings you get from it. Again, you want to make sure you don't know anything about this object. You shouldn't know who owns it either. The antique store should offer you a lot to play with.

   Close your eyes, and then if you can, slowly run your hands, the insides of your wrists, and your arms across it. As you do this, imagine you're tuning in to its energy. Trying to sense what the owner of this object is like. After this, tell the owner what you're getting from the object, whether it's just emotion or other information. Ask them if you're right. At first, you may be wrong. Know that this is fine. Continue to practice, and you'll get better and better at this skill. You'll find that jewelry is the best thing to start with since the owner constantly wears it, and it will have more of their energy. Metal is great for holding the energy for an exceptionally long time.

4. Work on your heart chakra. Your heart chakra or anahata is the feeling center. It bridges thoughts with emotions and those two with spirituality. It is tied to your ability to

be empathetic, the intensity of your ability to care for others, your level of openness emotionally, your ability to self-reflect, your self-knowledge, and the peace you feel every day.

When you open up your heart chakra, beautiful things happen, and your psychic abilities come from a place of love, which makes everything you do that much stronger and more effective. Anahata means "unhurt," and this is what we all seek to be, especially when we've gone through turmoil. The only way to achieve this state is to have an open heart. Unfortunately, most people do the opposite when they've been broken, closing their hearts in self-preservation. This blocks out the chance to heal completely and leads to anger, jealousy, and other unpleasant emotions.

Here's an exercise you can do for ten to fifteen minutes a day to keep this chakra active and balanced. Sit somewhere quiet where you will not be disturbed. Get rid of all distractions. Shut your eyes, inhale through your nose, and exhale through your slightly parted lips, keeping your jaw relaxed.

As you breathe in, imagine there's a vibrant, green light that flows through your nose, heading right to the space in your chest between the breasts. This is where your Anahata is. See it glow like a bright green wheel, spinning with energy as you inhale. When you exhale, you see darkness leaving it, causing the chakra to glow brighter and brighter. Continue this until your chakra is a vibrant green.

5. Create a crystal grid. Crystals and gemstones are incredibly healing and can help you develop your psychic abilities. The best for clairsentience is amber, rose quartz, and amethyst. Amethyst and fluorite are great for supporting peaceful, balanced energies that allow you to connect with your Higher Self, gain clarity, relax, and open your mind. Rose quartz helps you feel more love, selflessness, and joy and helps foster a nurturing, loving environment. Amber brings purity and positivity to your space and is great for romance.

To make a crystal grid, first set the intention of your grid to improve your clairsentient ability. You can write this intention on a card, or you can simply say it aloud to yourself in the space you wish to work within. Burn some sage as you make your intention known.

Arrange your crystals to form whatever shape you want them to. Pick the master or main crystal you want and put it in the center. Relax, and ground yourself with a few breaths. Then imagine that your goal to become more clairsentient is already a done deal, making sure your mind is calm and in a state of positive expectation. Thank your Higher Self and your guides for their help, and trust that all you want is already accomplished.

6. Meditation is your friend. This allows you to tune in to the supernatural and to get whatever your Higher Self needs you to understand at the moment. This is how you remain open to messages from the other side and from those beings that love you and want the best for you.

Chapter Ten: Closing Your Third Eye

For some people, opening the third eye chakra or Ajna turns out to be the stuff of nightmares for them, and they regret getting into it at all. Unfortunately, this happens because they do not heed the following warnings:

1. Do not open your third eye chakra without working your way up from the lower ones first, progressively.
2. Do not open your third eye chakra just because you think that being psychic is cool. Only do it if you're truly seeking to develop your spiritual side, not because you want to wow people or become one of the X-men.

Of course, most people don't listen, and they go ahead and do what they want anyway. They don't think it could be that bad. Then they open the chakra, and because they didn't prepare properly and didn't have the best of intentions, they experience terrible side effects. Let's get into why you should be mindful of your intentions and never rush the process of opening your third eye.

Dangers of Opening Your Third Eye

If you don't respect the process of opening Ajna, you will feel incredibly overwhelmed, and you may find yourself ill-equipped to deal with the new powers that come your way. Here are many of the things that can happen when you do this wrong.

Vivid Nightmares: Opening your third eye leads to vivid dreams, but you can have just as vivid nightmares, especially when you're not at an emotionally mature enough place to manage your feelings properly. These nightmares take on very real qualities that can leave you feeling scared and scarred for a long time. You might find that the images from those nightmares return to haunt you all through the day so that you can't relax, and you can't focus on whatever you need to do.

Meditate before you go to bed so that you can mitigate the risks of having bad dreams because of your overstimulated third eye. It helps to have a dream journal so you can write down these dreams. When you study them, you will notice that there's a theme that plays out, and once you begin to grasp that, the light of understanding will banish those nightmares away.

Unnerved by Accurate Intuition: When you open up your Ajna, you will become more intuitive than ever. This can feel less like a gift and more like a curse if you're not ready for it. You will get scary good at telling what will happen in your life and the lives of others, so much so that you find it too daunting to be of any use to you. What you should do is gently but firmly remind yourself that this can serve you in good ways, helping you make the right choices. It can keep you on the right path in life. Whatever you do, do not attempt to repress your intuition, or ignore your gut, because you will wish you didn't every time. The more you repress this, the greater and more intense it can become because rather than ignore it, so it goes away, you're actively fighting to keep it all down.

Fearlessness: When you open your third eye, you can feel invincible. This can be an empowering feeling that gives you self-confidence. Still, if this sense of invincibility goes on unchecked, it could be a problem for you. Remember that you are not omniscient, and you still need to think through life decisions. Intuition is great, but it's even greater when balanced by logic. So always consider the pros and cons of whatever you want to do.

Leaving Your Body: This is called astral travel or astral projection. It can be incredibly fun and

offer you great insight into how life works. But, if you're not ready for the experience of leaving your body and seeing worlds that differ greatly from the physical, you might find yourself confused at best and terrified at worst when this happens.

The trouble with fear is that it instantly attracts to you all sorts of scary things when you're projecting. You might find yourself in the lowest and darkest of worlds because of this fear and your lack of preparedness. The thing about opening your third eye is that you can find yourself slipping off to these worlds at the most inconvenient of times, and each experience will feel real and worse than the last.

If this happens to you, remember that you cannot be hurt in an astral projection. This might be a hard thought to hold on to if you haven't been meditating or focusing on raising your vibration and you're faced with your worst fears. Keep in mind that you can come back to your body any time you want to by simply thinking about it, and you could never be stuck on the astral planes. Your body will also not be snatched or possessed by any entities since that is completely impossible, and your body possesses its own consciousness and awareness. There's nothing wrong with astral travel, but you must be ready for it before you begin. Opening your third eye doesn't give you much in the way of preparation, so you need to study up on this a bit more.

Overactive Ajna: When this chakra is too active, you get nasty physical side effects. You become way too sensitive to light, bright colors, and the Sun. You can't look around you without being offended. You start to get blinding headaches that your doctor cannot explain. The only fix would be to balance that overactive energy center.

If you experience this, you might want to stay away from any place or situation that overstimulates you. Spend more and more time outside so that you can slowly let the third eye grow used to the sounds and sights that flood in. You should also practice yoga and meditation to help you with headaches, muscle tension, and the stress your overactive chakra is causing.

Fear and Confusion: Opening your third eye can cause you to feel frightened and confused, especially if you're not open to non-physical phenomena that cannot be scientifically explained. You might even begin to seek out ways to close this chakra, which we will get to in a bit. The sheer volume of information that can come streaming through this chakra to your logical mind may be a tad too much for you to deal with, and you could feel disoriented and destabilized, wondering what's real and what isn't.

If you feel this way, you need to keep reminding yourself that all that's happening is you're getting access to information that has always been around you. It's just that you perceive it all for the first time. Imagine if you will, that all your life you've been blind. When you are finally able to see, everything will seem strange and new, and some things might scare you. The only reason fear prevails is due to a lack of understanding. Once you begin to understand what your third eye is showing you, you will no longer feel fear. You have to trust that you are safe. Remember that if you look at the big picture, becoming spiritually awake is a good thing. Focus too hard on what's happening right now, and you might forget that truth.

Chaotic Behavior: Opening your third eye can also lead you to behave in a chaotic, erratic, and inconsistent matter. Major changes will often cause us to act in ways that aren't typical. We aren't our usual selves. You need time to get used to the feeling of having an open third eye and time to figure out what this means for you and how you should act. Whatever you do, don’t be hard on yourself for not being able to take it all in stride. Be patient, and don't think that you'll know right away how to handle everything. There is a learning curve. Take your time with this.

Meanwhile, do your best to be more restrained than you ordinarily would be. You will feel

certain urges come up. Don't just act on them. Pause and think through them, and even when you do decide to act on them, wait a bit longer. Always check in with yourself to know if what you're about to do is something that you're willing to defend and stand by after all is said and done. If you know you can't defend it, then don't do it. Let the people close to you know that you're going through a growth and adjustment phase so that they can be more compassionate, supportive, and understanding. Resolve to yourself that things will balance out and ask your Higher Self for help in quickening this process because "I just opened my third eye" is no excuse for you to be a terrible human being all the time.

Balance Your Third Eye Chakra

If you regret opening your third eye, then you need to pay attention to this section. If you wish to continue your spiritual journey with this chakra, you should focus on restoring balance to operate in a healthy way. These are the things you should do to keep the third eye functioning in a way that works for you:

- Make meditation a daily practice. You cannot escape this. You only need ten minutes a day to receive amazing results. You can sit in silence, somewhere you won't be bothered, and focus on your breath, inhaling through your nose and exhaling through your slightly parted lips. Be glad every time you notice your thoughts have drifted off, away from your breath, because it means you're making progress. No matter how many times it happens, be glad you noticed, and then gently, lovingly bring your attention back to your breath. You can also meditate by focusing on your body's various sensations or doing a relaxing body scan, starting from your feet and working your way up to your head. As you scan, notice any parts of your body that have tension, and then consciously release the tension as you exhale your breath.
- Use neroli or lavender essential oils. You can put them on the pulse points at your wrists. You can also use scented candles.
- Get the right amount of sleep. You should sleep for seven to eight hours per night. Some people need more sleep than others. Sleep until you feel fully refreshed and rejuvenated. This helps your third eye a lot. Don’t fall asleep with electronics close to the bed. Ideally, you should make sure your room is free from all electronic devices, and don't fall asleep by staring at a screen. Do something else that relaxes you. You can read a book or listen to some relaxing music on a playlist that ends just as you drift off. Make sure you do nothing work-related, stressful, or screen-related for at least an hour before bedtime.
- Eat the right kinds of food. Certain foods are good for your third eye, including blackberries, blueberries, red onions, red grapes, eggplant, and raspberries. Any natural red, blue, or purple food is good for your third-eye chakra.
- Use affirmations. Recite affirmations that involve your third-eye chakra being balanced and functioning correctly. You could say, "I know and accept the wisdom that wells up from within me," and "I'm open to the guidance I receive from my third eye." Use affirmations that suit your specific needs, and always word them positively and in the present tense.

How to Close Your Third Eye Chakra

If you find that you don't care about having your third eye remain open, you might wonder if you can reverse the process and have things go back to normal. Well, you're in luck. You can close your Ajna and keep it that way. There are four ways you can do this.

- Grounding yourself into the Earth's energy field through visualization
- Stopping the flow of indigo energy into your Ajna through visualization
- Asking for help from your Higher Self
- Stopping all spiritual practices like meditation, visualization, and so on

Your mind is highly creative and powerful, so much so you can use these attributes to shut down all things involving your overactive third eye. If you are clairvoyant, you will find it easy to imagine or visualize. Your mind usually works in the beta or gamma brain wave frequency during the day, which keeps you from accessing your subconscious mind and the subtle energies you pick up on with an open Ajna. However, when you daydream, or you feel like taking a nap, your brain waves slow down to alpha or theta, which you experience in light sleep. Your conscious mind drops its guard, and you have access to the subconscious. You can then craft the reality you prefer by creating images that indicate you no longer have an open third eye.

At various points in your day, your conscious mind takes a back seat. These are the best times to carry out your visualization exercises for the best results, as you're very in touch with your subconscious mind. The periods to work with for the best results are when you're waking up and just as you fall asleep. With this in mind, let's look at the various ways you can shut this third eye business down once and for all.

Ground Yourself into the Earth's Energy Field: We've talked about grounding before as a great way to restore stability to yourself. This can also help you shut down the third eye. Here's what you need to do:

1. Find a quiet, peaceful place where you will not be disturbed or distracted by anything.
2. Sit upright in a chair, with your socks and shoes off.
3. If you prefer, you may lie with your back on the ground.
4. Shut your eyes and take a few deep, relaxing breaths, and become aware of your breathing.
5. In your mind's eye, see roots coming out of your feet, very slowly. You can also see them coming out of your entire body if you've chosen to lie down.
6. See these roots going into the ground, moving deeper and deeper.
7. Envision the roots heading right to the very core of the Earth.
8. As you do this, notice your awareness becoming more and more real, grounded, rooted in the present reality.
9. Notice how physical you feel. If you're practicing this outside in nature, this feeling will come unbidden.
10. Open your eyes and affirm to yourself, "I am grounded in physical reality. I am grounded in the here and now."

Should you choose to do this outside, do keep in mind that you still need to be barefoot.

Stopping the flow of indigo energy to your Ajna: This is another powerful way to shut your third eye down, by literally stopping the flow of energy into and through it so that you become less perceptive to spiritual, subtle energies.

1. Find somewhere nice and quiet.
2. Sit down with your eyes closed so you do not lose focus and cause needless chatter in your head.
3. See a small object in your mind's eye. It doesn't matter what you choose; just keep it small.

4. Imagine this object for five minutes, which is enough time for you to get used to the process and carry on with the exercise intuitively.

5. Next, form a picture of where you're currently sitting (or lying down).

6. Now, imagine an actual third eye is in between your eyes and just above them, on your forehead. See it wide open, with indigo or purple light flowing into it from the entire universe.

7. Then, as vividly as you can manage, see it closing, and see the flow of light slowing to a trickle.

8. As your third eye closes, see the last glimmers of the purple or indigo light disappearing for good.

9. As the light disappears and your eye shuts completely, feel relief and joy flooding through your body.

Continue with this exercise until you start to see results. Play with this. Make up this image in your mind, and visualize this as often as you need to, invoking happiness and relief. This will be made manifest in your reality.

Ask for Help from Your Higher Self: Your Higher Self is always with you. The Divine is everywhere. When you want badly to turn off your pineal gland and end your suffering, you can count on your Higher Self to help you. There is no judgment or disappointment from this dimensionally larger part of yourself. Spiritual evolution is inevitable, whether in this life or life yet to come. If you choose not to work with your higher chakras right now, there's nothing wrong with that. It's not the end of the world — and it's not the end of your life. You have many more lives over which you can figure it out, assuming you don't change your mind a few years later and decide to try again with your Ajna, the right way.

Your Higher Self is very respectful of your wishes and will not force you to experience something you don't want to go through right now. You have true, free will. There is no repercussion, no threat of hell or eternal damnation to be worried about because you've decided to live a "normal" life unencumbered by psychic phenomena, so don't let anyone make you feel guilty about changing your mind.

All you need is a little powwow session with your Higher Self and Spirit Guides. Let them know you're not ready and that you would appreciate it if they could assist you with the process of shutting your third eye down. If you are sincere in your request, then they will definitely help you out, no questions asked.

Stop All Spiritual Practices: You want to stop cold turkey. The only thing you should be doing at this point is the visualization exercises for shutting down the Ajna chakra. Eventually, you will become more infrequent with even that and can then stop altogether. You should also not take on any other form of spiritual practice. Just stop. If you continue with meditation and yoga, those practices will naturally activate your third eye. To keep your third eye closed, stay away from these practices for a while. Only come back to them when you feel like you're finally ready.

Conclusion

We've finally arrived at the end of this book, and you must no doubt be ready to begin your spiritual journey. Before you run off unlocking the wonders of your third eye, remember two important things.

First, please make sure that you have educated yourself about the chakras and that you have worked on activating them in the following sequence:

- Muladhara (root chakra)
- Svadhisthana (sacral chakra)
- Manipura (solar plexus chakra)
- Anahata (heart chakra)
- Vishuddha (throat chakra)
- Ajna (third eye chakra)
- Sahasrara (crown chakra)

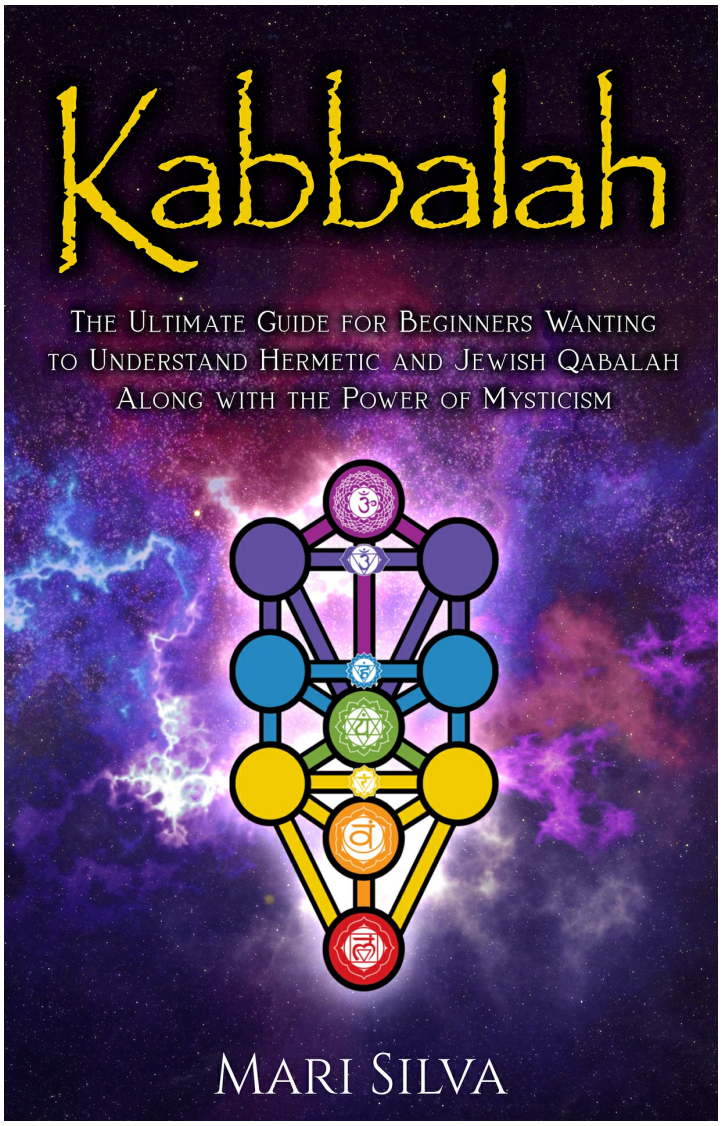
While this book wasn't about the crown chakra, if you want to develop that, know that you need to have developed the lower chakras first.

Second, make sure that your desire to develop your third eye chakra and psychic abilities are rooted in love. Why? First of all, basing them all in love will make them manifest faster and in even more tremendous ways than you could possibly imagine. More importantly, it allows you to serve others selflessly, and in turn, this allows the abundance of the blessings you bestow on others through your gifts to flow back to you, many times over, unimpeded.

If you come at this with selfish intent, hoping to make a quick buck, hold power and lord it over others, and get vengeance over a perceived wrong you've refused to let go of, well then, whatever you get is on you. The choice is yours. Hopefully, you'll choose love every time.

Finally, you can't expect that reading this and other books will open your Ajna up for you. You won't become psychic by reading about becoming psychic. Practice what you learn within the pages of this book, and then you will truly grasp the treasure you're holding in your hands.

Here's another book by Mari Silva that you might like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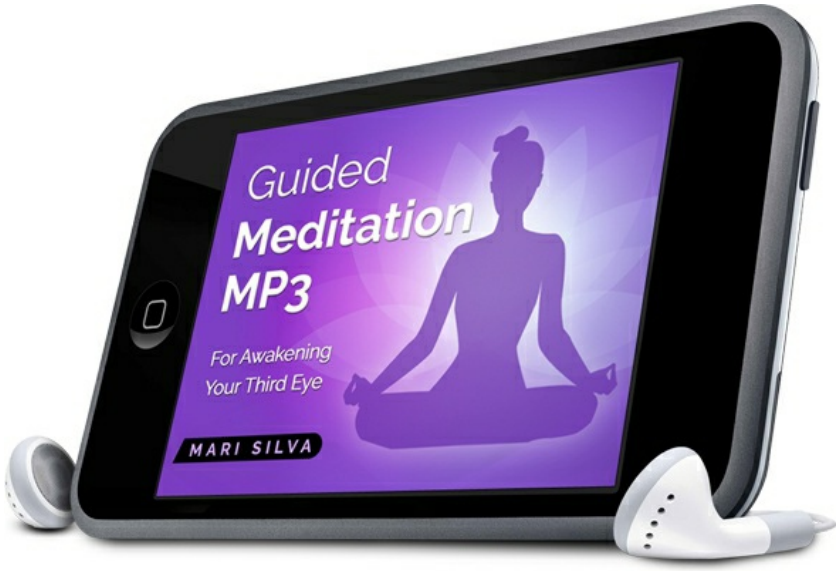

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